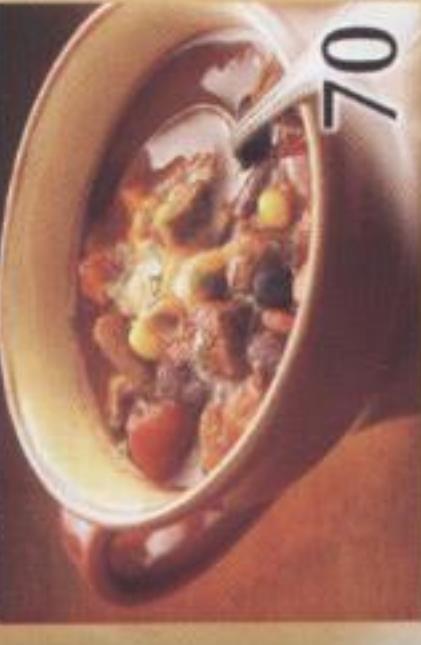
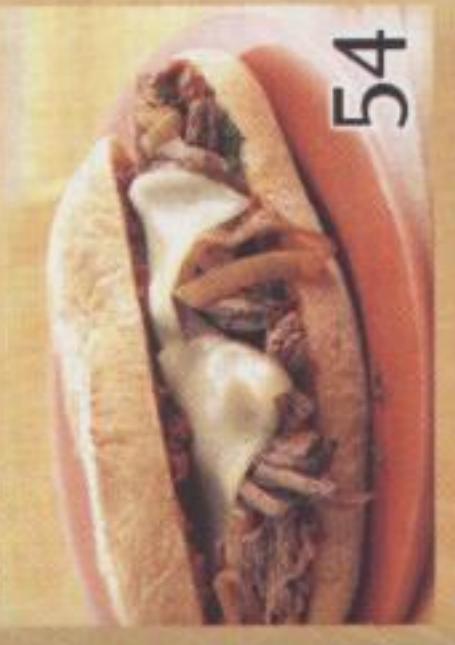
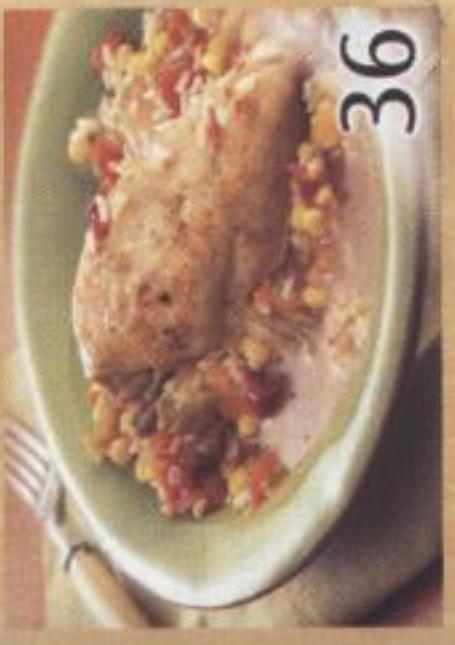
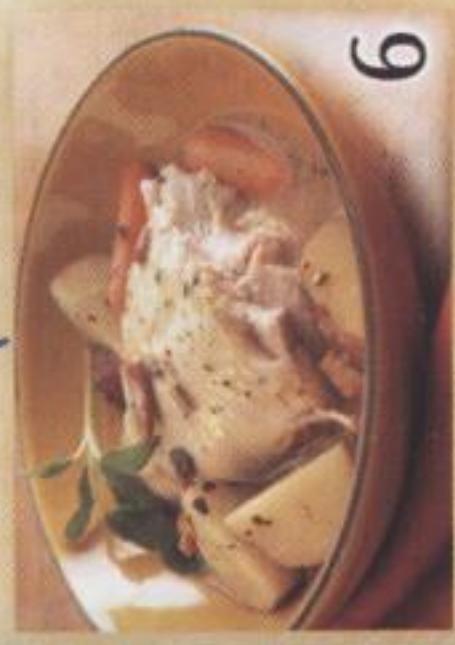


simple Slow Cooker

chapters

features

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look for these symbols

QUICK

ready in 30 minutes or less

LOW FAT
3g or less, except main dishes
with 10g or less

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1. In 3- to 4 1/2-quart slow cooker, stir uncooked Vegetables and Sauce Mix. Uncooked Potatoes and remaining ingredients until sauce mix is dissolved. 2. Cover and cook on Low heat setting 8 to 10 hours* (or High heat setting 4 to 5 hours) or until beef is tender. 3. Turn slow cooker off. Remove beef. Stir vegetable mixture; let stand uncovered 5 minutes. Slice beef; serve with vegetables and sauce. 8 servings. *For best results, slice beef; do not uncover.

1 Serving: Calories 305 (Calories from Fat 100); Fat 11g (Saturated 4g); Cholesterol 60mg; Sodium 1350mg; Carbohydrate 37g (Dietary Fiber 4g); Protein 16g %Daily Value: Vitamin A 100%; Vitamin C 2%; Calcium 6%; Iron 14% Exchanges: 2 Starch, 1 Vegetable, 2 Medium-Fat Meat

Carbohydrate Choices: 2 1/2



Prep Time: 10 min Start to Finish: 8 hr 10 min

Home-Style Pot Roast

family meals

THEY CAN MAKE A DIFFERENCE TO YOUR KIDS

With school activities, personal commitments and the hustle and bustle of everyday life, a little time around the table may seem like the last thing you can possibly squeeze in. Studies show that eating together as a family makes a difference.

KIDS WHO EAT WITH THEIR FAMILIES:

- Eat more fruits and vegetables. The average child eats about half the number of fruits and vegetables recommended for good health. Family meals can improve that number; studies show the more frequent the family meal, the more fruits and vegetables a child eats.
- Choose more calcium-rich foods. Calcium is important for building strong bones. Yet most kids after age 6 do not get the calcium they need each day. Eating together as a family can increase the calcium content of kids' diets.
- Get more vitamins and minerals. In addition to calcium, kids who eat with their family tend to get more iron, folate, fiber and vitamins A, C, E and B6 in their diets.

PERCENTAGE MEETING 100% OF CALCIUM NEEDS



IT'S ABOUT NUTRITION, BUT IT MAY BE ABOUT MUCH MORE:

Family meals can serve up other benefits for your kids. A review of studies on family routines and rituals, which included family meals, found that routines and rituals within a family were associated with a child's sense of belonging and stronger family relationships.

IDEAS FOR GATHERING AROUND THE TABLE:

Schedule it on the calendar. Eating together may not be possible every evening, but making a few "dates" a week will help make family dining a priority and a commitment.

Keep it simple. Use convenience to your advantage. Already-cut fruits and vegetables and quick-cook meats or side dishes can help get a meal on the table in minutes.

Turn on the slow cooker. Dinner can be ready when you walk in the door when you use a slow cooker. It's great for casseroles, stews, soups and more.

Get the kids involved. Many hands make light work.

Keep the conversation light and enjoyable.

Save "sensitive" topics for another time. Come up with interesting dinner conversations in which everyone can participate.

CONVERSATION STARTERS

Jump-start a good discussion at the table with these questions:

- If you could sit down to dinner with anyone, past or present, who would it be and why?
- What would you like to invent?
- What would you write a book about?
- If you could be invisible for a day, what would you do?
- If you could wake up tomorrow with one new quality or ability, what would it be and why?

Jazzed-Up SANDWICHES

Part of the magic of slow cooker cooking is being able to make enough food to enjoy dinner a second time—without cooking twice! Let your leftover meats inspire you to make sandwiches of greatness with these ideas and tips.

Create **Heartland Pork Sandwiches** with leftover shredded pork or pork slices from *Harvest Pork Roast with Gravy* (page 18). Toss the pork with your favorite barbecue sauce. Spoon pork on sandwich buns or kaiser rolls. Top with shredded cabbage and Colby-Monterey Jack or Cheddar cheese. If you like, you can heat the barbecue-pork mixture before assembling.

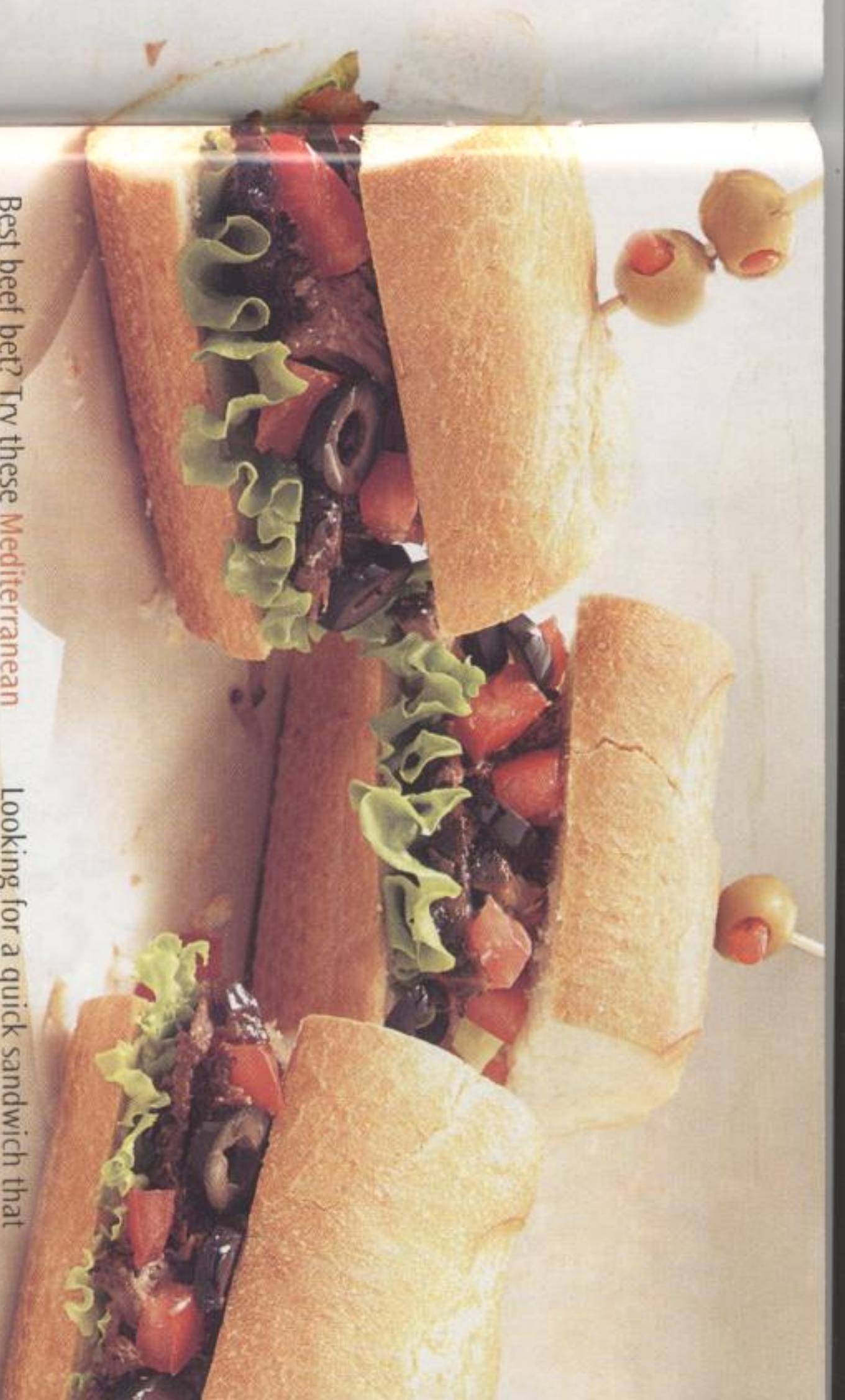


Best beef bet? Try these **Mediterranean Beef Sandwiches**. Build them like a giant sub sandwich. Cut a loaf of French bread horizontally in half. Layer with leftover beef from *Garlic and Mushroom Beef Roast* (page 14), sliced ripe olives and chopped tomatoes. Drizzle with your favorite vinaigrette dressing. Cut the loaf into 2- to 3-inch pieces. Hold individual sandwiches together with frilled toothpicks or olive-skewered toothpicks.

TOP 5 TIPS

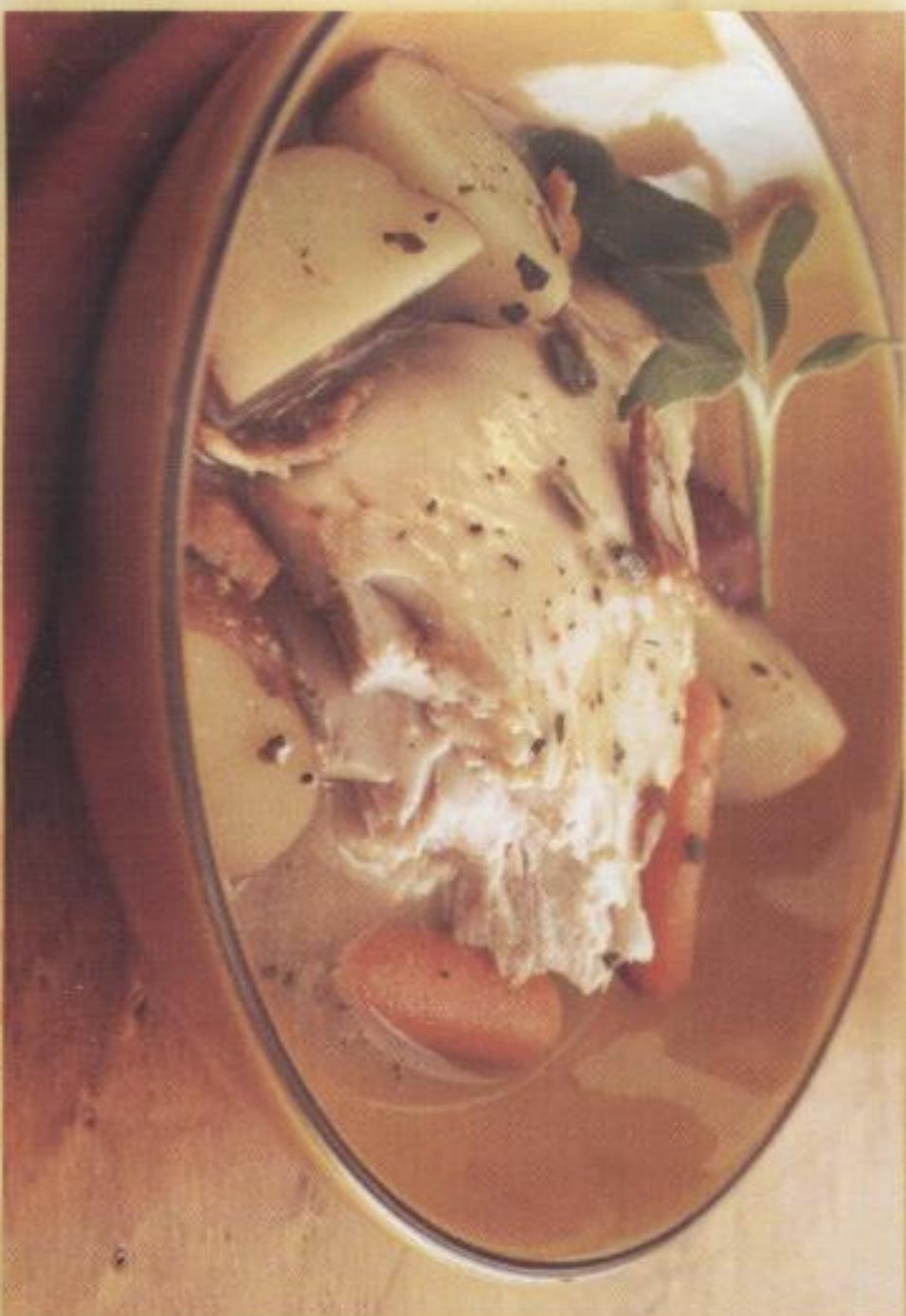
1. Think outside the bread box. Try bagels, croissants, biscuits, dinner rolls or tortillas for great beginnings.
2. Hot or cold? It doesn't matter! If you want a hot, hearty sandwich, reheat your meat (and possibly sauce); otherwise for ease, just pile on cold leftovers.
3. Fresh is best. Adding items such as fresh vegetables, cheese slices or chopped nuts gives your leftovers a lift by adding texture and taste.
4. Go with the flow. There is no right or wrong in sandwich making. Use your own tastes, experiences and creativity to make your own "new" sandwich.
5. One more time. If you have lots of leftovers, freeze sandwich-size portions of meat in plastic freezer bags or small containers. Future sandwiches can be made, individually, in minutes with the help of a microwave.

Looking for a quick sandwich that promises a "kid-riffic" response? **Turkey Folds** will solve the quest. Purchase pita fold breads, regular pita breads or flour tortillas. Spread bread with purchased dill dip and add chopped *Herbed Turkey Breast* (page 29). Sprinkle with chopped tomatoes and cucumbers. If kids aren't keen on these, simply omit the unwanted veggie and line with lettuce leaves.



Beef, Pork & Turkey Roasts

Love roasts but don't have the time to make them? Now you can experience their rich, savory, down-home flavor again with a little help from your slow cooker.



Turkey with Sage and Bacon, p. 8



Ginger Beef Roast, p. 9

Turkey with Sage and Bacon

prep: 10 MIN **total:** 8 HR 10 MIN (Photo on page 6)

Betty's Tips

Substitution

If you don't have garlic pepper, use $\frac{1}{4}$ teaspoon each of garlic powder and pepper.

SERVE-WITH

Keep this one-dish meal super easy by adding your favorite salad from a bag and crusty dinner rolls from the bakery.

SPECIAL TOUCH

Slice the turkey and arrange it on a small platter. Tuck fresh sage leaves around and between the slices. Serve the vegetables and gravy in a separate bowl.

Did You Know?
You don't need to cook bacon for this recipe. Look for it already cooked in the deli or lunch-meat section of the meat department.

Ginger Beef Roast

prep: 15 MIN **total:** 9 HR 35 MIN (Photo on page 7)

Betty's Tips

Success Hint

Although it's tempting, avoid peeking in the slow cooker during cooking. Lifting the lid lets steam escape, and steam helps with the cooking.

1. Spray 5- to 6-quart slow cooker with cooking spray. Place turkey in cooker. Sprinkle with garlic pepper. Place potatoes and carrots around turkey. Mix bacon, gravy, flour, sage and Worcestershire sauce in small bowl; pour over turkey and vegetables.
2. Cover and cook on Low heat setting 7 to 8 hours.
3. Serve turkey with vegetables and gravy. **8 servings.**

High Altitude (3500-6500 ft): No changes.

1. Serving: Calories 420 (Calories from Fat 65); Fat 7g (Saturated 2g); Cholesterol 185mg; Sodium 460mg; Carbohydrate 21g (Dietary Fiber 3g); Protein 68g
% Daily Value: Vitamin A 90%; Vitamin C 10%; Calcium 6%; Iron 28%
Carbohydrate Choices: 1½

Did You Know?
You don't need to cook bacon for this recipe. Look for it already cooked in the deli or lunch-meat section of the meat department.

TIME-SAVER
Browning the meat adds flavor and helps seal in the juices, but if you're short on time, you can skip this step.

1. Spray 12-inch nonstick skillet with cooking spray. If beef roast comes in netting or is tied, do not remove. Sprinkle beef with peppered seasoned salt. Cook beef in skillet over medium-high heat 5 to 6 minutes, turning once, until brown on both sides.
2. Spray 5- to 6-quart slow cooker with cooking spray. Place beef in cooker (if necessary, cut beef in half to fit in cooker). Mix stir-fry sauce, ketchup, vinegar and gingerroot in small bowl; pour over beef.
3. Cover and cook on Low heat setting 8 to 9 hours.
4. Place beef on platter; cover to keep warm. Add stir-fry vegetables to mixture in cooker. Increase heat setting to High. Cover and cook 15 to 20 minutes or until peppers are tender. Remove netting or strings from beef. Serve pepper mixture with beef. **8 servings.**

High Altitude (3500-6500 ft): No changes.

1. Serving: Calories 370 (Calories from Fat 180); Fat 20g (Saturated 7g); Cholesterol 105mg; Sodium 1290mg; Carbohydrate 10g (Dietary Fiber 1g); Protein 37g
% Daily Value: Vitamin A 6%; Vitamin C 18%; Calcium 2%; Iron 24%
Exchanges: ½ Starch, 1 Vegetable, 5 Lean Meat, 1 Fat
Carbohydrate Choices: ½

Betty's Tips

SUCCESS HINT

The longer meat cooks in the slow cooker, the more tender it becomes.

At the minimum cooking time, meat is easy to cut. At the maximum time, it's perfect for shredding.

Beef Roast with Bacon-Chili Gravy

prep: 15 MIN **total:** 12 HR 15 MIN

4 slices bacon, cut into $\frac{1}{2}$ -inch pieces

3-pound beef boneless chuck roast

$\frac{1}{2}$ teaspoon garlic pepper

2 medium carrots, coarsely chopped

1 can (4.5 ounces) Old El Paso® chopped

green chiles

$\frac{1}{4}$ cup beef broth

$\frac{1}{4}$ cup chili sauce

1 tablespoon Gold Medal® all-purpose flour

1. Cook bacon in 12-inch nonstick skillet over medium heat, stirring occasionally, until brown and crisp; remove from skillet with slotted spoon and drain on paper towels. Reserve bacon fat in skillet.

2. If beef roast comes in netting or is tied, do not remove. Sprinkle beef with garlic pepper.

Cook beef in bacon fat in skillet over medium heat 5 to 6 minutes, turning occasionally, until brown on both sides.

3. Spray 4- to 5-quart slow cooker with cooking spray. Place beef in cooker. Top with bacon and carrots. Mix green chiles, broth, chili sauce and flour in small bowl; pour over mixture in cooker.

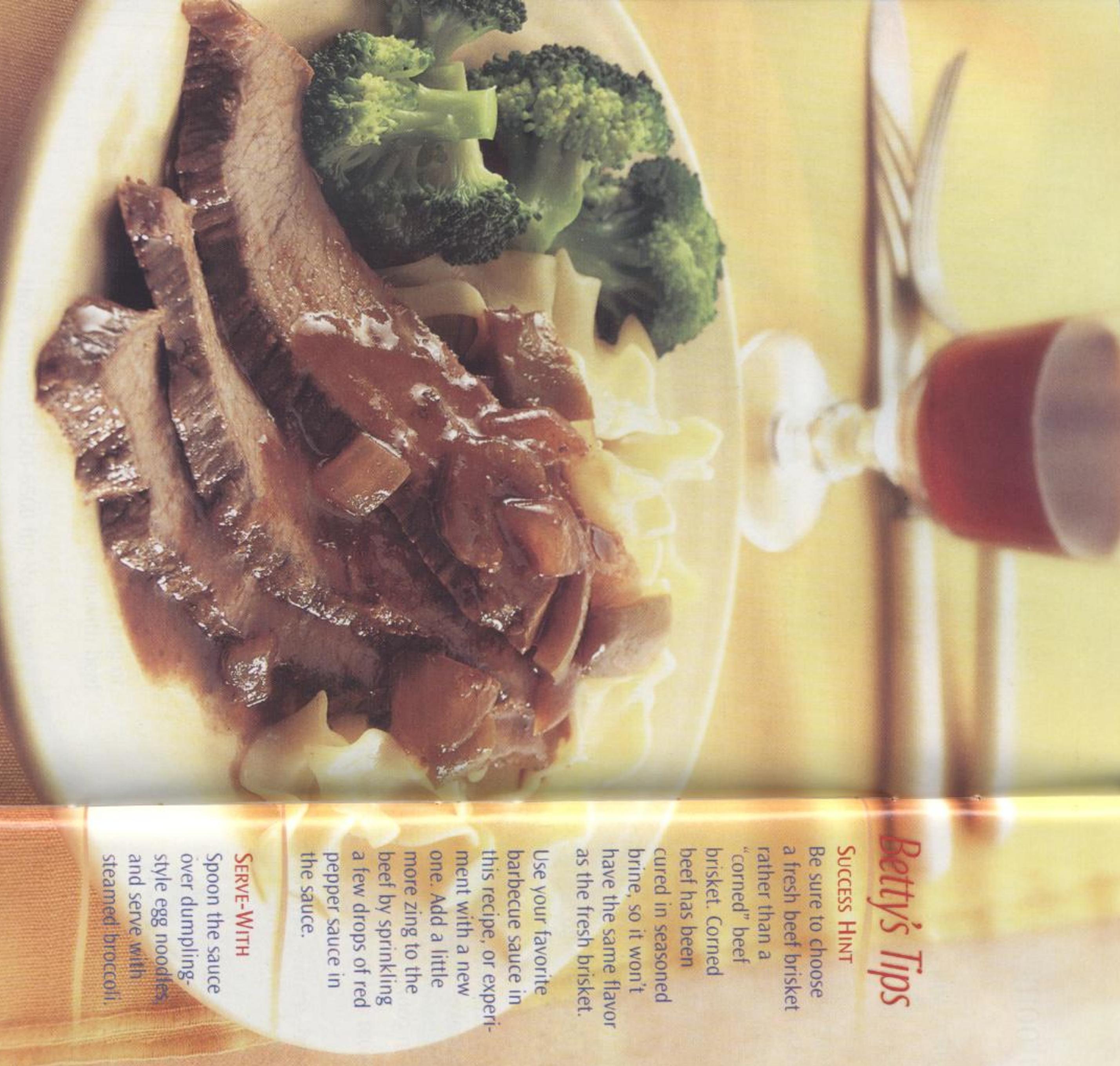
4. Cover and cook on Low heat setting 10 to 12 hours.

5. Place beef on platter; remove netting or strings. Stir gravy in cooker; serve with beef. 8 servings.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 355 (Calories from Fat 190); Fat 21g (Saturated 8g); Cholesterol 110mg; Sodium 340mg; Carbohydrate 5g (Dietary Fiber 1g; Protein 36g % Daily Value: Vitamin A 62%; Vitamin C 6%; Calcium 2%; Iron 24% Exchanges: 1 Vegetable, 5 Lean Meat, 1 Fat Carbohydrate Choices: 0





Brisket with Chunky Mustard BBQ Sauce

prep: 10 MIN **total:** 12 HR 10 MIN

Betty's Tips

SUCCESS HINT

Be sure to choose a fresh beef brisket rather than a "corned" beef brisket. Corned beef has been cured in seasoned brine, so it won't

have the same flavor as the fresh brisket.

Use your favorite barbecue sauce in this recipe, or experiment with a new one. Add a little more zing to the beef by sprinkling a few drops of red pepper sauce in the sauce.

1. Spray 5- to 6-quart slow cooker with cooking spray. Mix all ingredients except beef in cooker. Add beef (if necessary, cut beef in half to fit in cooker). Spoon sauce mixture over and around beef.
2. Cover and cook on Low heat setting 10 to 12 hours. Serve sauce with beef. 8 servings.

High Altitude (3500-6500 ft):

No changes.

1 Serving: Calories 315 (Calories from Fat 110); Fat 12g (Saturated 5g); Cholesterol 95mg; Sodium 400mg; Carbohydrate 15g (Dietary Fiber 1g); Protein 37g; % Daily Value: Vitamin A 4%; Vitamin C 12%; Calcium 2%; Iron 20%. Exchanges: ½ Starch, 1 Vegetable, 4½ Lean Meat. Carbohydrate Choices: 1

SERVE-WITH

Spoon the sauce over dumpling-style egg noodles and serve with steamed broccoli.

This sassy sauce keeps the brisket extra moist.

Garlic and Mushroom Beef Roast

prep: 10 MIN **total:** 11 HR 10 MIN

Betty's Tips

SERVE-WITH

This roast is scrumptious with roasted red potato quarters sprinkled with rosemary or thyme.

Round out the meal with a salad of baby spinach with herbed vinaigrette dressing.

VARIATION

For wonderful comfort food, use this beef for hot roast beef sandwiches. Or serve it thinly sliced on hearty bread with mayo, Dijon mustard, sliced red onion and lettuce.

SPECIAL TOUCH

Arrange the meat on a platter, spoon the mushrooms around it and then tuck sprigs of fresh rosemary or basil around the food for a splash of color.



1. Spray 12-inch nonstick skillet with cooking spray. If beef roast comes in netting or is tied, do not remove. Sprinkle beef with salt and garlic. Cook beef in skillet over medium-high heat 5 to 6 minutes, turning occasionally, until brown on all sides.
2. Spray 4- to 5-quart slow cooker with cooking spray. Place mushrooms in cooker. Place beef on mushrooms. Spread tomatoes over beef. Pour dressing over mixture in cooker.
3. Cover and cook on Low heat setting 9 to 11 hours.
4. Place beef on cutting board; remove netting or strings. Slice beef. Serve mushrooms and juices with beef. *6 servings.*

High Altitude (3500-6500 ft):

No changes.

1 Serving: Calories 305 (calories from Fat 100); Fat 11g (Saturated 3g); Cholesterol 120mg; Sodium 640mg; Carbohydrate 5g (Dietary Fiber 1g); Protein 47g
% Daily Value: Vitamin A 4%; Vitamin C 8%; Calcium 2%; Iron 26%
Exchanges: 1 Vegetable, 6 Very Lean Meat, 1½ Fat
Carbohydrate Choices: 0

Betty's Tips

SUBSTITUTION

Regular tomato juice works just as well as the eight-vegetable juice in this recipe.

If you don't have baby-cut carrots on hand, cut full-size carrots into 2-inch pieces.

Family-Favorite Pot Roast

prep: 25 MIN **total:** 10 HR 40 MIN

2 teaspoons olive or vegetable oil

2- to 2½-pound beef bottom round roast

6 medium potatoes, cut into 2-inch pieces (about 4 cups)

2½ cups baby-cut carrots

2 cups sliced fresh mushrooms (about 5 ounces)

1 medium stalk celery, sliced (½ cup)

1 medium onion, chopped (½ cup)

1 teaspoon salt

½ teaspoon pepper

½ teaspoon dried thyme leaves

1 can (14.5 ounces) diced tomatoes, undrained

1 can (10.5 ounces) condensed beef consommé or broth

1 can (5.5 ounces) eight-vegetable juice (⅔ cup)

¼ cup Gold Medal® all-purpose flour

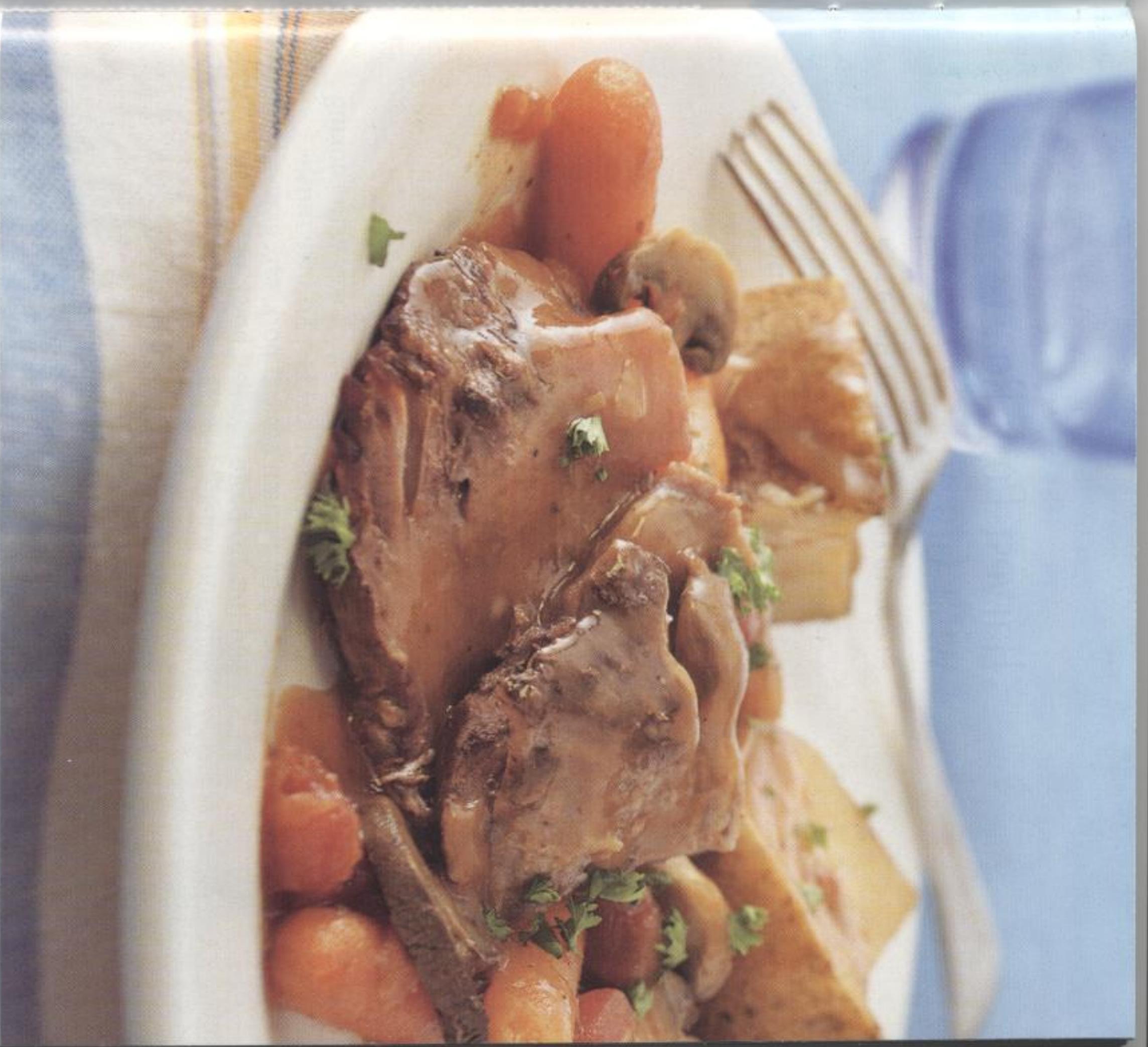
SUCCESS HINT

For no-fuss mixing of the flour and liquid, put the ingredients in a jar, screw the lid on tightly and shake it until the mixture is smooth.

SPECIAL TOUCH

Sprinkle with chopped fresh parsley just before serving.

1. Heat oil in 10-inch skillet over medium-high heat. If beef roast comes in netting or is tied, do not remove. Cook beef in oil about 10 minutes, turning occasionally, until brown on all sides.
2. Place potatoes, carrots, mushrooms, celery and onion in 4- to 5-quart slow cooker. Sprinkle with salt, pepper and thyme. Place beef on vegetables. Pour tomatoes, consommé and vegetable juice over beef.
3. Cover and cook on Low heat setting 8 to 10 hours.
4. Remove beef and vegetables from cooker, using slotted spoon; place on serving platter and cover to keep warm. Skim fat from beef



juices in cooker if desired. Remove ½ cup of the juices from cooker; mix with flour in small bowl, using wire whisk, until smooth. Gradually stir flour mixture into remaining juices in cooker. Increase heat setting to High. Cover and cook about 15 minutes or until thickened. Remove netting or strings from beef. Serve sauce with beef and vegetables. **6 servings.**

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 355 (Calories from Fat 65); Fat 7g (Saturated 2g); Cholesterol 80mg; Sodium 910mg; Carbohydrate 35g (Dietary Fiber 6g); Protein 37g
 % Daily Value: Vitamin A 100%; Vitamin C 30%; Calcium 8%; Iron 32%
 Exchanges: 2 Starch, 1 Vegetable, 4 Very Lean Meat, ½ Fat
 Carbohydrate Choices: 2



Harvest Pork Roast with Gravy

prep: 10 MIN **total:** 10 HR 10 MIN

Betty's Tips

TIME-SAVER

Save yourself a step and add the mushrooms whole, or buy them already sliced.

SERVE-WITH

Betty Crocker® garlic mashed potatoes, fresh green beans and crusty dinner rolls are perfect side dishes for this savory roast.

- 1 package (8 ounces) fresh mushrooms, cut in half
- 1 medium onion, cut into 8 wedges
- 1 jar (12 ounces) home-style pork gravy
- 1 can (6 ounces) tomato paste with Italian seasonings

1. Spray 12-inch nonstick skillet with cooking spray. If pork roast comes in netting or is tied, do not remove. Cook pork in skillet over medium-high heat 5 to 6 minutes, turning occasionally, until brown on all sides.
2. Spray 5- to 6-quart slow cooker with cooking spray. Place pork in cooker. Arrange mushrooms and onion around pork. Mix gravy and tomato paste in small bowl; pour over pork and vegetables.
3. Cover and cook on Low heat setting 8 to 10 hours.
4. Place pork on cutting board; remove netting or strings. Stir gravy in cooker; serve with pork. 6 servings.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 515 (Calories from Fat 260); Fat 29g (Saturated 10g); Cholesterol 145mg; Sodium 640mg; Carbohydrate 11g (Dietary Fiber 2g); Protein 53g % Daily Value: Vitamin A 12%; Vitamin C 12%; Calcium 2%; Iron 16% Exchanges: ½ Starch, 1 Vegetable, 7 Lean Meat, 1½ Fat Carbohydrate Choices: 1



Betty's Tips

SERVE-WITH

Buttered egg noodles
and thinly sliced
cucumbers with
green onions in a
mint or herb vinaigrette
would be delicious
with the pork
and cabbage.

SPECIAL TOUCH

For a pretty presentation, mound the cabbage in the center of a platter and arrange slices of the pork and slices of fresh apple around it. Sprinkle with chopped fresh parsley.

Pork with Sweet-Sour Red Cabbage

prep: 15 MIN **total:** 9 HR 15 MIN

4 cups shredded red cabbage

1 medium onion, thinly sliced

1 medium apple, peeled and chopped

(1 cup)

½ cup packed brown sugar

½ cup cider vinegar

1 teaspoon salt

2½- to 3-pound pork boneless shoulder roast

1. Spray 4- to 5-quart slow cooker with cooking spray. Mix cabbage, onion, apple, brown sugar, vinegar and ½ teaspoon of the salt in cooker.

2. Spray 12-inch nonstick skillet with cooking spray. If pork roast comes in netting or is tied, do not remove. Sprinkle pork with remaining ½ teaspoon salt. Cook pork in skillet over medium-high heat 5 to 6 minutes, turning occasionally, until brown on all sides. Place pork on cabbage mixture.

3. Cover and cook on Low heat setting 7 to 9 hours.

4. Remove netting or strings from pork. Serve pork with cabbage. 6 servings.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 475 (Calories from Fat 205); Fat 23g (Saturated 8g); Cholesterol 120mg; Sodium 480mg; Carbohydrate 26g (Dietary Fiber 2g; Protein 41g)
% Daily Value: Vitamin A 2%; Vitamin C 14%; Calcium 4%; Iron 12%
Exchanges: 1 Other Carbohydrates, 2 Vegetable, 5 Medium-Fat Meat
Carbohydrate Choices: 2

DID You Know?
Look for red cabbage with bright color and firmly packed, crisp-looking leaves. Cooking the cabbage in vinegar helps preserve its rosy red color.

Provençal Pork Roast

prep: 15 MIN **total:** 9 HR 30 MIN

Betty's Tips

Substitution

Don't have Italian-seasoned tomatoes on hand? Instead, use a can of plain diced tomatoes and stir in $\frac{1}{2}$ teaspoon Italian seasoning.

Variation

Slices of this flavorful roast are great for sandwiches. Use a hearty grain bread and any sandwich spread that you like.

SPECIAL TOUCH

For a burst of fresh flavor, add 2 to 3 tablespoons chopped fresh basil or parsley while cooking the zucchini.

Savor the flavors of the south of France with this slow-simmered roast.

3- to 3½-pound pork boneless loin roast

1 teaspoon seasoned salt

½ teaspoon garlic pepper

6 to 8 small red potatoes, cut into fourths

1 can (14.5 ounces) diced tomatoes with Italian seasonings, undrained

2 tablespoons Gold Medal® all-purpose flour

1 medium zucchini, cut lengthwise in half, then cut crosswise into slices (2 cups)

½ cup halved pitted ripe olives, if desired

1. Spray 12-inch nonstick skillet with cooking spray. If pork roast comes in netting or is tied, do not remove. Sprinkle pork with seasoned salt and garlic pepper. Cook pork in skillet over medium-high heat 5 to 6 minutes, turning occasionally, until brown on all sides.

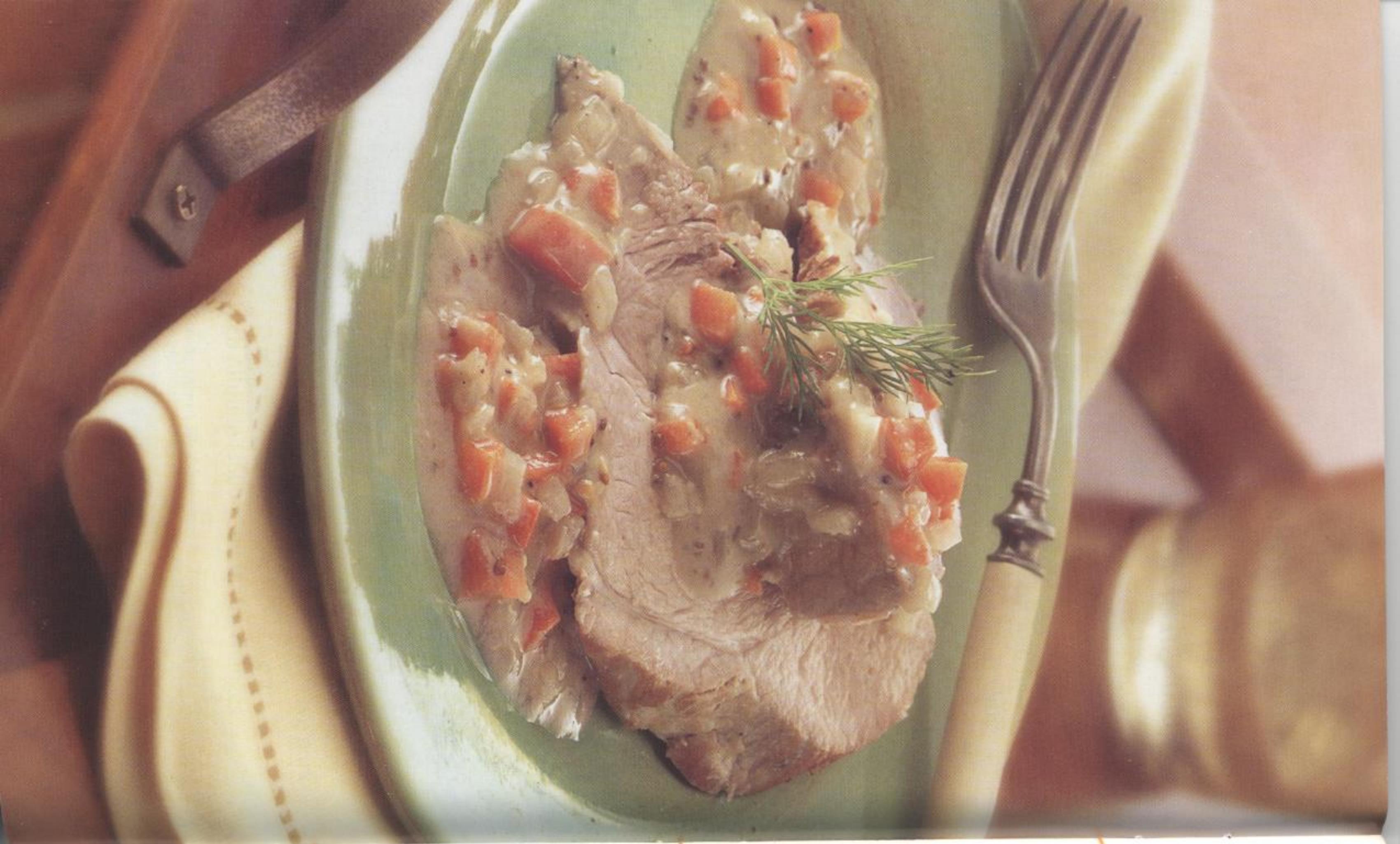
2. Spray 5- to 6-quart slow cooker with cooking spray. Place pork in cooker. Arrange potatoes around pork. Mix tomatoes and flour in small bowl; pour over pork and potatoes.

3. Cover and cook on Low heat setting 8 to 9 hours.

4. Place pork and potatoes on platter; cover to keep warm. Add zucchini and olives to sauce in cooker. Increase heat setting to High. Cover and cook 10 to 15 minutes or until zucchini is tender. Remove netting or strings from pork. Serve pork with zucchini mixture. 8 servings.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 360 (Calories from Fat 115); Fat 13g (Saturated 5g); Cholesterol 110mg; Sodium 380mg; Carbohydrate 20g (Dietary Fiber 3g; Protein 40g % Daily Value: Vitamin A 6%; Vitamin C 14%; Calcium 4%; Iron 16% Exchanges: 1 Starch, 1 Vegetable, 5 Lean Meat Carbohydrate Choices: 1



Betty's Tips

Substitution

Although the white wine blends nicely with the flavor of mustard, you also can use chicken broth.

Replace the mild onion-garlic flavor of the shallots by chopping a little more onion and finely chopping a clove of garlic.

Serve-With

For a super side dish, toss potato dumplings, German spaetzle or Italian gnocchi with melted butter and a pinch of chopped fresh parsley or dill weed. Look for them in the frozen-foods section of your supermarket.

Pork Roast with Creamy Mustard Sauce

prep: 30 MIN **total:** 9 HR 45 MIN

1 tablespoon vegetable oil

2½- to 3-pound pork boneless sirloin roast

2 medium carrots, finely chopped (1 cup)

1 medium onion, finely chopped (½ cup)

1 small shallot, finely chopped (2 tablespoons)

¾ cup dry white wine

2 tablespoons Gold Medal® all-purpose flour

1 teaspoon salt

½ teaspoon pepper

¼ cup half-and-half

2 to 3 tablespoons country-style Dijon mustard

1. Heat oil in 10-inch skillet over medium-high heat. If pork roast comes in netting or is tied, do not remove. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides.

2. Place pork in 3½- to 6-quart slow cooker. Mix remaining ingredients except half-and-half and mustard in small bowl; pour over pork.

3. Cover and cook on Low heat setting 7 to 9 hours.

4. Remove pork from slow cooker; cover to keep warm. Skim fat from pork juices in cooker if desired. Stir half-and-half and mustard into juices. Increase heat setting to High. Cover and cook about 15 minutes or until slightly thickened. Remove netting or strings from pork. Serve sauce with pork. 8 servings.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 270 (Calories from Fat 125); Fat 14g (Saturated 5g); Cholesterol 90mg; Sodium 450mg; Carbohydrate 5g (Dietary Fiber 1g; Protein 31g % Daily Value: Vitamin A 56%; Vitamin C 2%; Calcium 2%; Iron 8% Exchanges: 1 Vegetable, 4 Lean Meat, ½ Fat Carbohydrate Choices: 0

Betty's Tips

SUCCESS HINT

If your red potatoes are small, cut them in half rather than fourths so they won't overcook.

SERVE WITH

Crusty French bread and a mixed-greens salad tossed with a fruity vinaigrette dressing transform this one-dish meal into a special-occasion meal.

SPECIAL TOUCH

To make gravy from the au jus, spoon the pork juices into a saucepan. Shake 2 tablespoons cornstarch and $\frac{1}{4}$ cup cold water in a tightly covered container until smooth. Stir it into the pork juices, and heat until the gravy thickens.

Pork and Potatoes with Rosemary

prep: 20 MIN **total:** 9 HR 20 MIN

- 1 pound medium red potatoes, cut into fourths
- 1 cup baby-cut carrots
- 3-pound pork boneless loin roast
- 3 tablespoons Dijon mustard
- 2 tablespoons chopped fresh or dried rosemary leaves, crumbled

- 1 teaspoon chopped fresh or dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 small onion, finely chopped ($\frac{1}{4}$ cup)
- 1 1/2 cups beef broth

1. Arrange potatoes and carrots around outer edge in 4- to 6-quart slow cooker.

2. If pork roast comes in netting or is tied, do not remove. Mix mustard, rosemary, thyme, salt and pepper in small bowl; spread evenly over pork. Place pork in slow cooker (it will overlap vegetables slightly). Sprinkle onion over pork. Pour broth evenly over pork and vegetables.

3. Cover and cook on Low heat setting 8 to 9 hours.

4. Remove pork and vegetables from cooker, using slotted spoon. Place pork on cutting board; remove netting or strings. Slice pork. To serve, spoon juices from cooker over pork and vegetables. *6 servings.*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 445 (calories from Fat 160); Fat 18g (Saturated 6g); Cholesterol 145mg; Sodium 940mg; Carbohydrate 17g (Dietary Fiber 3g); Protein 53g
% Daily Value: Vitamin A 74%, Vitamin C 10%, Calcium 4%; Iron 18%
Exchanges: 1 Starch, 7 Lean Meat
Carbohydrate Choices: 1



Herbed Turkey Breast

prep: 5 MIN **total:** 8 HR 5 MIN

Betty's Tips

SUCCESS HINT

To thaw the turkey completely before cooking, place it in the refrigerator for about 48 hours. Or place the tightly wrapped turkey breast in cold water, replacing the water often so it stays cold; allow about 30 minutes per pound (2 to 2 1/2 hours).

4- to 5-pound bone-in turkey breast, thawed if frozen

2 tablespoons honey mustard

1/2 teaspoon dried rosemary leaves, crumbled

1/2 teaspoon dried thyme leaves

1/2 teaspoon dried basil leaves

1/2 teaspoon garlic pepper

1/4 teaspoon salt

1/2 cup chicken broth

1. Spray 5- to 6-quart slow cooker with cooking spray. Place turkey in cooker. Brush with honey mustard. Sprinkle with rosemary, thyme, basil, garlic pepper and salt. Pour broth around turkey.

2. Cover and cook on Low heat setting 7 to 8 hours. 8 servings.

SERVE WITH

Complete this harvest feast with baked acorn squash halves, a green salad tossed with dried cranberries and poppy seed dressing, and whole wheat rolls.

VARIATION

Use this savory turkey in casseroles, soups and salads. Or slice it for moist, flavorful turkey sandwiches. Wrap the breast tightly and store in the fridge for up to 3 days.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 280 (Calories from Fat 110); Fat 12g (Saturated 3g); Cholesterol 115mg; Sodium 270mg; Carbohydrate 0g (Dietary Fiber 0g); Protein 43g
% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 2%; Iron 8%
Exchanges: 6 Very Lean Meat, 1 1/2 Fat
Carbohydrate Choices: 0

Santa Fe Turkey Breast

prep: 15 MIN **total:** 8 HR 15 MIN

Betty's Tips

Substitution

For a little less spice, leave out the chipotle chili. To fire it up, use 2 or 3 chilies.

Serve-With

Spanish rice, a green salad tossed with

slices of jicama in a ranch dressing, warm flour tortillas and corn on the cob create a menu with a southwestern flair.

Did You Know?

Chipotle chilies are dried jalapeño chilies with a wonderful sweet-and-smoky flavor. Look for them packed in spicy adobo sauce or dried.

1. Spray 5- to 6-quart slow cooker with cooking spray. Place turkey in cooker. Mix salsa, honey and chili in small bowl; pour over turkey.
2. Cover and cook on Low heat setting 7 to 8 hours.
3. Remove turkey from cooker; cover to keep warm. Pour juices from cooker into 4-cup microwavable measuring cup. Mix cornstarch and cold water in small bowl until smooth; stir into juices in cup. Microwave uncovered on High 3 to 5 minutes, stirring every minute, until mixture boils and thickens. Serve with turkey. 8 servings.

High Altitude (3500-6500 ft):

No changes.

1 Serving: Calories 340 (Calories from Fat 115); Fat 13g (Saturated 4g); Cholesterol 130mg; Sodium 290mg; Carbohydrate 9g (Dietary Fiber 1g); Protein 47g
% Daily Value: Vitamin A 6%; Vitamin C 4%; Calcium 2%; Iron 10%
Exchanges: ½ Starch, 6½ Very Lean Meat, 1½ Fat
Carbohydrate Choices: ½

Smoky chipotle chilies give the turkey terrific flavor.



Turkey Breast with Sweet Potatoes

prep: 25 MIN **total:** 8 HR 25 MIN

Betty's Tips

SUCCESS HINT

For the best color and flavor, choose a dark-orange variety of sweet potatoes for this recipe.

HEALTH TWIST

You can reduce the fat to 2 grams and the calories to 280 per serving by removing the skin from the turkey before cooking.

SERVE WITH

Round out this meal with a fresh spinach salad, drizzled with a raspberry vinaigrette dressing.

1. Spray 5- to 6-quart slow cooker with cooking spray. Place turkey in cooker. Arrange sweet potatoes and onions around turkey. Mix remaining ingredients except cornstarch and water in small bowl; pour over turkey and vegetables.
2. Cover and cook on Low heat setting 7 to 8 hours.
3. Remove turkey and vegetables from cooker; cover to keep warm. If desired, skim fat from juices in cooker. Pour juices into 4-cup microwavable measuring cup. Mix cornstarch and water in small bowl until smooth; stir into juices in cup. Microwave uncovered on High 2 to 3 minutes, stirring every minute, until mixture thickens. Serve with turkey and vegetables. 8 servings.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 365 (Calories from Fat 110); Fat 12g (Saturated 3g); Cholesterol 115mg; Sodium 320mg; Carbohydrate 20g (Dietary Fiber 2g); Protein 44g
% Daily Value: Vitamin A 100%; Vitamin C 8%; Calcium 4%; Iron 10%
Exchanges: 1 Starch, 6 Very Lean Meat, 1½ Fat
Carbohydrate Choices: 1

Betty's Tips

SUCCESS HINT

To make 4 cups of wild rice, heat 1 cup uncooked rice and 3 cups of water to boiling in a 2-quart saucepan, then reduce the heat, cover and simmer 45 to 60 minutes or until the rice is tender and the water is absorbed.

SERVE WITH

For a tasty autumn supper, serve with fresh green beans and mashed squash sprinkled with brown sugar.

DO-AHEAD

Slice the cooked turkey and combine with leftover stuffing in a freezer container; refrigerate up to 4 days or freeze up to 4 months. Thaw the frozen mixture in the fridge for about 8 hours, then reheat.

Turkey Breast with Wild Rice Stuffing

prep: 15 MIN **total:** 9 HR 15 MIN

4 cups cooked wild rice

$\frac{3}{4}$ cup finely chopped onion

$\frac{1}{2}$ cup dried cranberries

$\frac{1}{3}$ cup slivered almonds

2 medium peeled or unpeeled cooking apples, coarsely chopped (2 cups)

4- to 5-pound boneless whole turkey breast, thawed if frozen

1. Mix all ingredients except turkey in large bowl.

2. Place turkey in 5- to 6-quart slow cooker. Place wild rice mixture around edge of cooker.

3. Cover and cook on Low heat setting 8 to 9 hours. 10 servings.

High Altitude (3500-6500 ft): No changes.

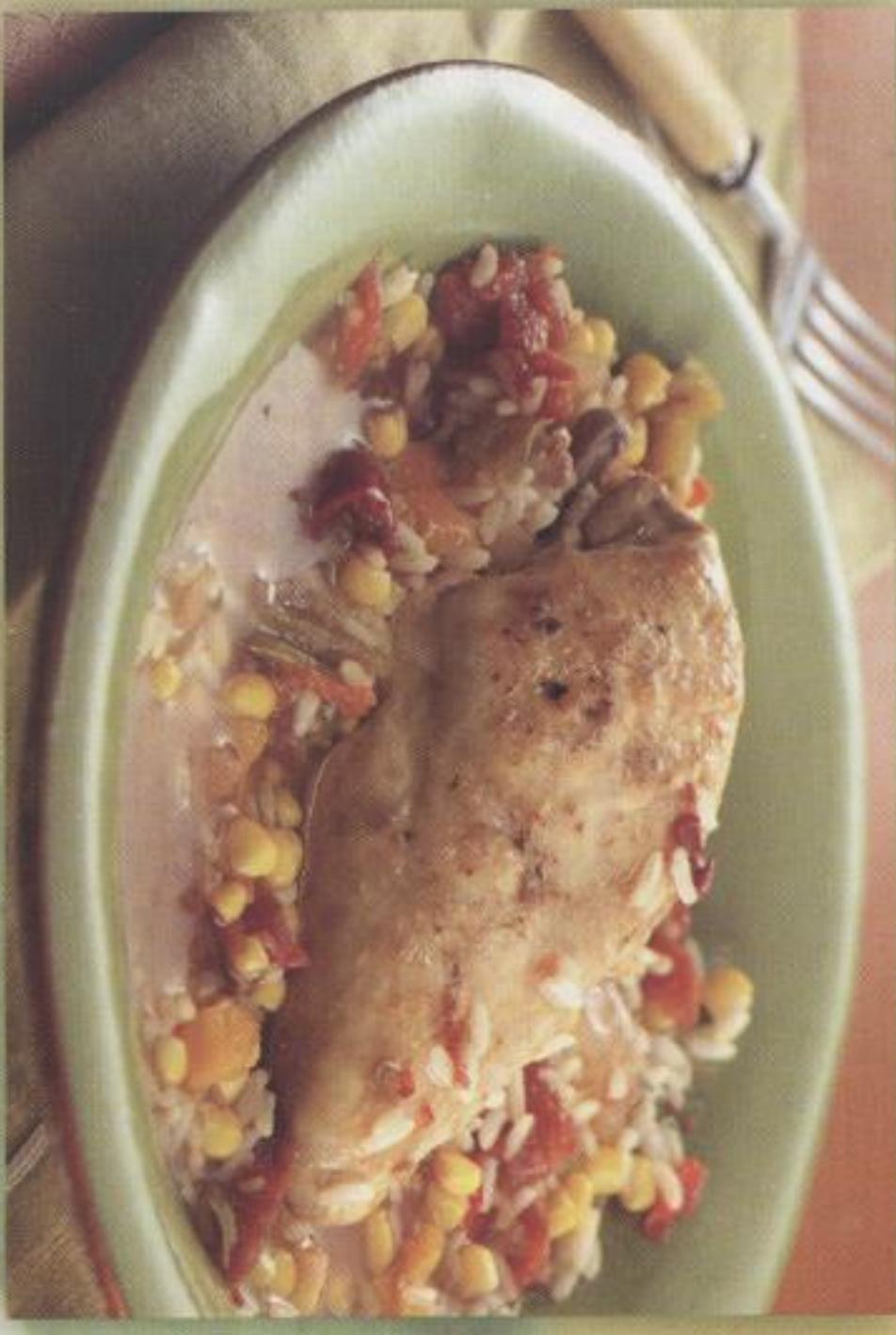
1 Serving: Calories 375 (Calories from Fat 110); Fat 12g (Saturated 3g); Cholesterol 100mg; Sodium 85mg; Carbohydrate 25g (Dietary Fiber 3g); Protein 41g
% Daily Value: Vitamin A 2%; Vitamin C 2%; Calcium 2%; Iron 10%
Exchanges: 1½ Starch, 5 Very Lean Meat, 2 Fat
Carbohydrate Choices: 1½



One-Dish Meals

Come home to the comforting aroma of these all-in-one meals.

Toss together the ingredients, and dinner will be ready when you walk in the door.



Chipotle Chicken and Rice, p. 38



Easy Beef Short Rib Supper, p. 39

Chipotle Chicken and Rice

prep: 20 MIN **total:** 6 HR 45 MIN *(Photo on page 36)*

Betty's Tips

SUBSTITUTION

Instead of the cut-up broiler-fryer, you also can make this recipe with 4 chicken breast halves, skin removed.

SUCCESS HINT

It's easy to remove the skin from larger pieces of chicken.

However, skinning chicken wings and legs can be a little tricky. So you can either take off as much skin as possible or just leave it on these pieces.

SPECIAL TOUCH

Before serving, sprinkle this dish with chopped fresh cilantro or chopped green onions.

- 3- to 3½-pound cut-up broiler-fryer chicken, skin removed
- 1 teaspoon garlic salt
- 1 bag (1 pound) frozen stir-fry bell peppers and onions, thawed
- 1 cup Green Giant® Niblets® frozen corn, thawed
- 1 can (14.5 ounces) stewed tomatoes, undrained
- 1 can (14 ounces) chicken broth
- 2 chipotle chilies in adobo sauce (from 7-ounce can), chopped (2 tablespoons)
- 1 cup uncooked instant rice

1. Spray 12-inch nonstick skillet with cooking spray. Sprinkle chicken with garlic salt. Cook chicken in skillet over medium heat 6 to 8 minutes, turning occasionally, until brown on all sides.
2. Spray 5- to 6-quart slow cooker with cooking spray. Mix chicken, stir-fry vegetables, corn, tomatoes, broth and chilies in cooker.
3. Cover and cook on Low heat setting 5 to 6 hours.

4. Remove chicken from cooker. Stir rice into mixture in cooker; return chicken to cooker. Increase heat setting to High. Cover and cook 20 to 25 minutes or until rice is tender.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 480 (Calories from Fat 100); Fat 11g (Saturated 3g); Cholesterol 115mg; Sodium 1120mg; Carbohydrate 49g (Dietary Fiber 4g); Protein 46g
% Daily Value: Vitamin A 10%; Vitamin C 50%; Calcium 8%; Iron 20%
Exchanges: 3 Starch, 1 Vegetable, 5 Very Lean Meat, 1 Fat
Carbohydrate Choices: 3

Easy Beef Short Rib Supper

prep: 15 MIN **total:** 9 HR 30 MIN *(Photo on page 37)*

Betty's Tips

SUCCESS HINT

Browning the short ribs before slow cooking gives the dish a rich, savory flavor and removes some of the fat.

SERVE-WITH
This is a terrific meal-in-one, but some hearty bread and sliced fresh pears are easy additions.

1. Spray 12-inch nonstick skillet with cooking spray. Sprinkle ribs with seasoned salt. Cook ribs in skillet over medium-high heat 6 to 8 minutes, turning occasionally, until well browned.
2. Remove ribs from skillet with fork or tongs; place in cooker. Add potatoes and carrots. Mix soup, chili sauce, Worcestershire sauce and garlic pepper in small bowl; pour over ribs and vegetables.

3. Cover and cook on Low heat setting 7 to 9 hours.
4. Skim and discard fat if desired. Stir in green beans. Increase heat setting to High. Cover and cook 10 to 15 minutes or until beans are tender.

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 420 (Calories from Fat 145); Fat 16g (Saturated 6g); Cholesterol 55mg; Sodium 870mg; Carbohydrate 56g (Dietary Fiber 8g); Protein 20g
% Daily Value: Vitamin A 10%; Vitamin C 28%; Calcium 10%; Iron 34%
Exchanges: 3 Starch, 2 Vegetable, 1½ Medium-Fat Meat, ½ Fat
Carbohydrate Choices: 3½

Asian Chicken and Noodles

prep: 15 MIN **total:** 8 HR 35 MIN

Betty's Tips

Substitution

One-half teaspoon ground ginger can be used in place of the fresh gingerroot.

Any fresh pea pods work great in this recipe. Try the flat, green snow or Chinese pea pods or the rounded, bright-green sugar snap peas.

- 2 packages (3 ounces each) Oriental-flavor ramen noodle soup mix
- 1½ pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 cups baby-cut carrots
- 1 medium red bell pepper, coarsely chopped (about 1 cup)
- 1 teaspoon finely chopped gingerroot
- 2½ cups water
- 2 tablespoons teriyaki baste and glaze (from 12-ounce bottle)
- 8 ounces fresh sugar snap pea pods (about 2 cups)

Success Hint

Since ramen noodles soften quickly, serve this dish immediately for the best flavor and texture.

1. Mix contents of seasoning packets from noodle mixes, chicken, carrots, bell pepper, gingerroot, water and teriyaki glaze in 3- to 4-quart slow cooker.
2. Cover and cook on Low heat setting 7 to 8 hours.
3. Add pea pods to cooker. Break up noodles; add to cooker. Increase heat setting to High. Cover and cook 15 to 20 minutes or until pea pods are crisp-tender and noodles are tender. 6 servings.

Serve With

Make an Asian-style salad by slicing carrots and zucchini into ribbons with a vegetable peeler, then tossing with a sesame vinaigrette. Start the meal with egg rolls from the deli.

High Altitude (3500-6500 ft):

No changes.

1 Serving: Calories 290 (Calories from Fat 10); Fat 12g (Saturated 4g); Cholesterol 60mg; Sodium 660 mg; Carbohydrate 21g (Dietary Fiber 3g); Protein 24g; % Daily Value: Vitamin A 100%, Vitamin C 42%, Calcium 4%, Iron 16% Exchanges: 1 Starch, 1 Vegetable, 3 Lean Meat, ½ Fat Carbohydrate Choices: 1½



This saucy all-in-one steak and pasta meal is an easy weeknight dinner.

Betty's Tips

SUBSTITUTION

You can use yellow summer squash instead of the zucchini.

SUCCESS HINT

Cut the beef into pieces of the same size so that it cooks to the same doneness and tenderness.

SERVE WITH

Fresh-baked soft breadsticks and Caesar salad in a bag carry out the Italian theme of this meal.

Italian Smothered Steak

prep: 10 MIN **total:** 9 HR 30 MIN

2 pounds beef boneless round steak
½ teaspoon seasoned salt

¼ teaspoon pepper

1 medium onion, sliced

1 jar (26 ounces) tomato pasta sauce (any variety)

1 package (9 ounces) refrigerated cheese-filled tortellini

1 medium zucchini, cut lengthwise in half, then cut crosswise into slices (about 1 cup)

1. Cut beef into 6 serving-size pieces; sprinkle with seasoned salt and pepper. Layer beef and onion in 3- to 4-quart slow cooker. Pour pasta sauce over top.
2. Cover and cook on Low heat setting 8 to 9 hours.

3. About 20 minutes before serving, stir in tortellini and zucchini. Increase heat setting to High. Cover and cook 15 to 20 minutes or until tortellini are tender. **6 servings.**

High Altitude (3500-6500 ft): Increase cook time in step 3 to 20 to 25 minutes.

1 Serving: Calories 380 (Calories from Fat 110); Fat 12g (Saturated 4g); Cholesterol 115mg; Sodium 810mg; Carbohydrate 33g (Dietary Fiber 3g); Protein 35g
% Daily Value: Vitamin A 24%; Vitamin C 18%; Calcium 6%; Iron 24%
Exchanges: 2 Starch, 4 Lean Meat
Carbohydrate Choices: 2

Pork Chops with Cheesy Corn Bread Stuffing

prep: 15 MIN **total:** 6 HR 15 MIN

6 pork boneless loin chops,
about $\frac{3}{4}$ inch thick (2 pounds)

SUBSTITUTION
Instead of the boneless chops, you can use lean bone-in pork loin chops.

Before cooking, trim any excess fat.
1 medium onion, chopped ($\frac{1}{2}$ cup)
 $\frac{1}{2}$ cup chopped red or green bell pepper
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon dried thyme leaves
2 $\frac{1}{2}$ cups water
1 cup finely shredded Cheddar cheese (4 ounces)

TIME-SAVER
If you're short on time, you don't have to brown the meat.

SERVE-WITH
This southern-inspired dish is delicious with Green Giant® frozen mixed vegetables, applesauce and crusty rolls.

1. Spray 12-inch nonstick skillet with cooking spray. Sprinkle pork chops with peppered seasoned salt. Cook pork in skillet over medium heat 5 to 6 minutes, turning occasionally, until brown on both sides.
2. Spray 5- to 6-quart slow cooker with cooking spray. Mix remaining ingredients except cheese in cooker. Arrange pork on stuffing, layering as necessary.
3. Cover and cook on Low heat setting 5 to 6 hours.
4. Remove pork from cooker. Stir cheese into stuffing in cooker until melted. Serve pork with stuffing. *6 servings.*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 540 (Calories from Fat 155); Fat 17g (Saturated 7g); Cholesterol 85mg; Sodium 1730mg; Carbohydrate 60g (Dietary Fiber 3g); Protein 36g
% Daily Value: Vitamin A 18%; Vitamin C 20%; Calcium 18%; Iron 22%
Exchanges: 4 Starch, 3 Lean Meat, 1 Fat
Carbohydrate Choices: 4

Betty's Tips



Barbecue Beans and Polish Sausage

prep: 10 MIN **total:** 6 HR 10 MIN

Betty's Tips

Substitution

Try your favorite fully cooked sausage ring or other smoked sausage such as bratwurst or kielbasa in this recipe.

Success Hint

Make this dish super easy by buying pre-chopped onion.

You'll usually find it with the frozen vegetables.

Serve-With

Hearty whole-grain or dark bread such as pumpernickel and sliced crisp apples complement the flavors of this dish.

- 2 cans (15 to 16 ounces each) great northern beans, rinsed and drained
- 2 cans (15 ounces each) black beans, rinsed and drained

1 large onion, chopped (1 cup)

1 cup barbecue sauce

¼ cup packed brown sugar

1 tablespoon ground mustard

1 tablespoon Worcestershire sauce

2 teaspoons chili powder

1 ring (1 to 1½ pounds) fully cooked smoked Polish sausage

1. Spray 3- to 4-quart slow cooker with cooking spray. Mix all ingredients except sausage in cooker. Place sausage ring on bean mixture.
2. Cover and cook on Low heat setting 5 to 6 hours. *6 servings.*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 675 (Calories from Fat 205); Fat 23g (Saturated 8g); Cholesterol 45mg; Sodium 1740mg; Carbohydrate 102g (Dietary Fiber 19g); Protein 35g; % Daily Value: Vitamin A 8%; Vitamin C 4%; Calcium 26%; Iron 56%. Exchanges: 7 Starch, 1½ Medium-Fat Meat, Carbohydrate Choices: 7

Turkey-Butternut Squash Ragout

prep: 15 MIN **total:** 8 HR 15 MIN

Betty's Tips

SUCCESS HINT

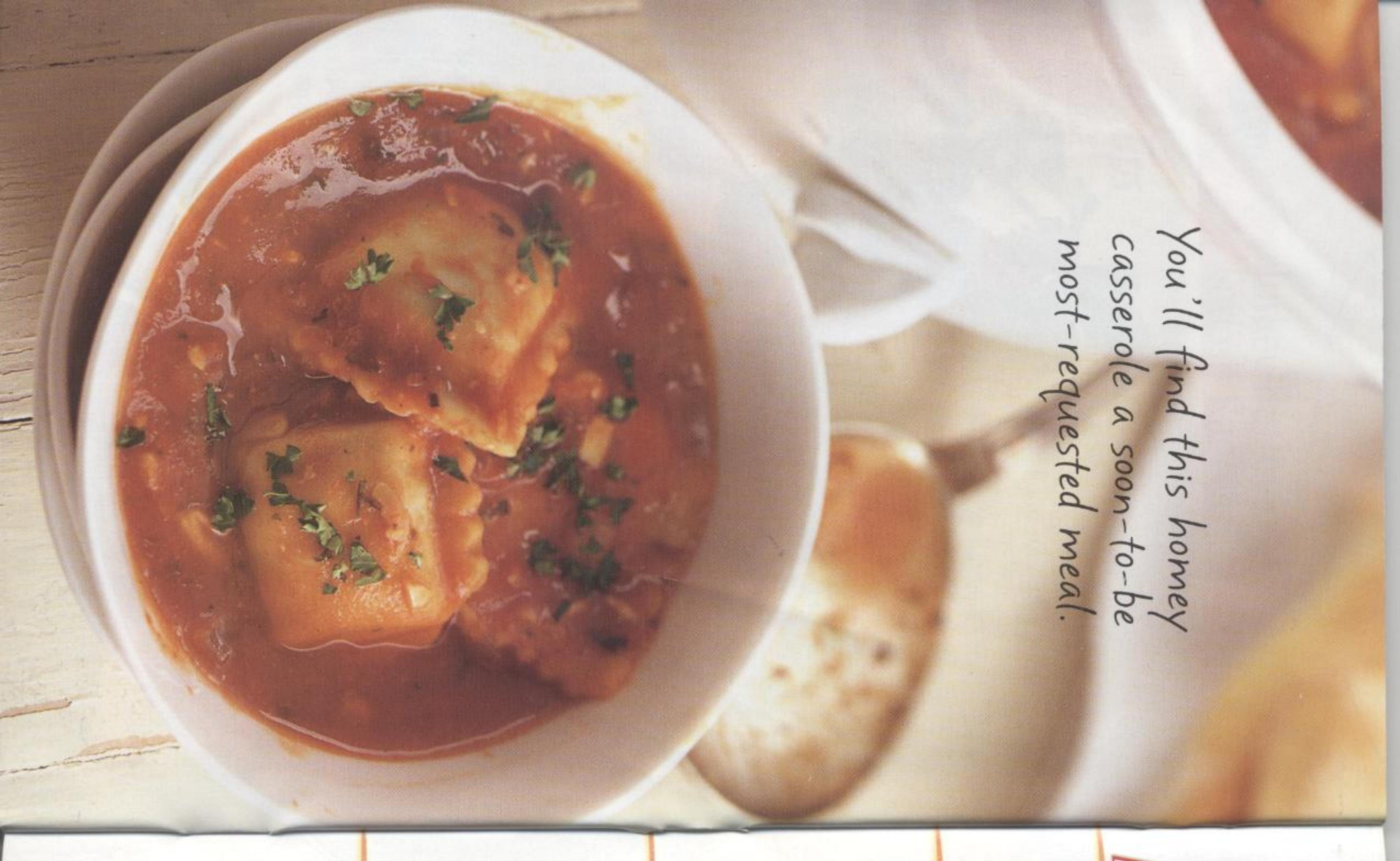
Cut winter squash, such as the butternut, in this recipe, with a sharp knife, then remove the seeds with a spoon. Peel away the tough skin with a vegetable peeler or paring knife.

- 1 small butternut squash (about 2 pounds), peeled, seeded and cut into 1½-inch pieces (3 cups)
- 1 medium onion, cut in half and sliced
- 1 can (16 ounces) baked beans, undrained
- 1 can (14.5 ounces) diced tomatoes with Italian seasonings, undrained
- 2 tablespoons chopped fresh parsley

1. Spray 3- to 4-quart slow cooker with cooking spray. Mix all ingredients except parsley in cooker.
2. Cover and cook on Low heat setting 7 to 8 hours.
3. Place turkey on cutting board. Remove meat from bones; discard bones. Return turkey to cooker. Just before serving, sprinkle with parsley. 4 servings.

SERVE WITH

A tossed green salad dressed with a splash of balsamic vinaigrette and crusty French rolls complete this slow-cooked meal. Low-fat frozen yogurt adds a cool, tangy ending.



You'll find this homey casserole a soon-to-be most-requested meal.

Betty's Tips

prep: 15 MIN **total:** 5 HR 15 MIN

Substitution

Any shredded Italian cheese blend works great in place of the mozzarella.

SERVE-WITH

Tasty and totable, this dish is perfect for potlucks. At home, serve it with warm Italian garlic bread and a mixed-greens salad tossed with Italian dressing.

Did You Know?

Italian seasoning is a prepared blend of herbs popular in Italian cooking, such as thyme, oregano, basil, savory, marjoram, rosemary and sage.

Cheesy Ravioli Casserole

- 1 tablespoon olive or vegetable oil
- 1 medium onion, chopped (1/2 cup)
- 1 large clove garlic, finely chopped
- 1 jar (26 ounces) three cheese-flavored pasta sauce

- 1 can (15 ounces) tomato sauce
- 2 cups water

- 1 teaspoon Italian seasoning

- 2 packages (25 ounces each) frozen beef-filled ravioli

- 2 cups shredded mozzarella cheese (8 ounces)

- 1/4 cup chopped fresh parsley

1. Heat oil in 12-inch skillet over medium heat. Cook onion and garlic in oil about 4 minutes, stirring occasionally, until onion is tender. Stir in pasta sauce, tomato sauce, water and Italian seasoning.

2. Place 1 cup of the sauce mixture in bottom of 6-quart slow cooker. Add 1 package frozen ravioli; top with 1 cup of the cheese. Top with remaining package of ravioli; top with remaining 1 cup cheese. Pour remaining sauce mixture over top.

3. Cover and cook on Low heat setting 4 to 5 hours. Sprinkle with parsley. *12 servings.*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 370 (Calories from Fat 135); Fat 15g (Saturated 6g); Cholesterol 145mg; Sodium 1500mg; Carbohydrate 40g (Dietary Fiber 3g); Protein 19g
% Daily Value: Vitamin A 56%; Vitamin C 16%; Calcium 26%; Iron 18%
Exchanges: 2 1/2 Starch, 1 1/2 Medium-Fat Meat, 1 Fat
Carbohydrate Choices: 2 1/2

Betty's Tips

Substitution

Try this recipe with lean ground turkey instead of the beef.

To make your own diced tomatoes and green chilies, combine a 14.5-ounce can of plain diced tomatoes with an undrained 4.5-ounce can of Old El Paso® chopped green chilies.

Taco Casserole

prep: 30 MIN **total:** 8 HR 30 MIN

1½ pounds lean ground beef

1 can (14.5 ounces) diced tomatoes with green chilies, undrained

1 can (10.75 ounces) condensed cream of onion soup

1 envelope (1.25 ounces) Old El Paso® taco seasoning mix

½ cup water

6 corn tortillas (5 or 6 inches in diameter), cut into ½-inch strips

1 cup shredded Cheddar cheese (4 ounces)

3 medium green onions, sliced (3 tablespoons)

½ cup sour cream

Health Twist

Using reduced-sodium taco seasoning mix would lower the sodium in this recipe to 820 milligrams per serving.

1. Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
2. Mix beef, tomatoes, soup, seasoning mix (dry) and water in 3½- to 5-quart slow cooker. Gently stir in tortilla strips.
3. Cover and cook on Low heat setting 7 to 8 hours.
4. Sprinkle cheese over casserole; cover and let stand about 5 minutes or until cheese is melted. Sprinkle with onions; serve with sour cream. *6 servings.*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 475 (Calories from Fat 260); Fat 29g (Saturated 14g); Cholesterol 105mg; Sodium 960mg; Carbohydrate 24g (Dietary Fiber 3g); Protein 29g
% Daily Value: Vitamin A 26%; Vitamin C 14%; Calcium 26%; Iron 18%
Exchanges: 1½ Starch, 3½ Medium-Fat Meat, 2 Fat
Carbohydrate Choices: 1½

Sandwiches

From help-yourself meals for busy families to simple suppers with friends, these sandwiches will become surefire, fix-and-forget slow cooker favorites.



Balsamic Beef Sandwiches, p. 56



Jerk Pork Sandwiches, p. 57

Balsamic Beef Sandwiches

prep: 15 MIN **total:** 9 HR 15 MIN (Photo on page 54)

Betty's Tips

Substitution

Instead of sun-dried tomato spread, spread the buns with basil pesto or pesto mayo. Just omit the chopped fresh basil.

Any sturdy bun, or a baguette sliced lengthwise, works well with this recipe.

SERVE WITH
Coleslaw, a marinated vegetable salad or pasta salad from the deli is a great choice to serve with these sandwiches.

DID YOU KNOW?
Sun-dried tomato spread can be found near the Italian foods or in the deli section of your supermarket.

High Altitude (3500-6500 ft): No changes.

1 Sandwich: Calories 565 (Calories from Fat 180); Fat 20g (Saturated 5g); Cholesterol 90mg; Sodium 1100mg; Carbohydrate 53g (Dietary Fiber 3g); Protein 41g
% Daily Value: Vitamin A 6%; Vitamin C 0%; Calcium 22%; Iron 28%
Exchanges: 3½ Starch, 4 Medium-Fat Meat
Carbohydrate Choices: 3½

Jerk Pork Sandwiches

prep: 20 MIN **total:** 11 HR 20 MIN (Photo on page 55)

Betty's Tips

Success Hint

For accurate cooking times and proper doneness, cut all meats and vegetables into the sizes specified in the recipe.

1. Spray 12-inch nonstick skillet with cooking spray. If beef roast comes in netting or is tied, do not remove. Sprinkle beef with Italian seasoning, salt and garlic pepper. Cook beef in skillet over medium-high heat 6 to 8 minutes, turning occasionally, until brown on all sides.

2. Spray 5- to 6-quart slow cooker with cooking spray. Place onion in cooker. Top with beef. Pour dressing over beef and onion.

3. Cover and cook on Low heat setting 9 to 11 hours.

4. Place pork on cutting board; use 2 forks to pull pork into shreds. Return pork to cooker. Mix corn relish and cilantro in small bowl. To serve, layer lettuce, pork mixture and corn relish in pita fold breads. *8 sandwiches.*

High Altitude (3500-6500 ft): No changes.

1 Sandwich: Calories 450 (Calories from Fat 160); Fat 18g (Saturated 6g); Cholesterol 90mg; Sodium 740mg; Carbohydrate 37g (Dietary Fiber 2g); Protein 35g
% Daily Value: Vitamin A 14%; Vitamin C 14%; Calcium 6%; Iron 14%
Exchanges: 2½ Starch, 4 Lean Meat, ½ Fat
Carbohydrate Choices: 2½

Chile-Chicken Tacos

prep: 15 MIN **total:** 7 HR 30 MIN

Betty's Tips

Substitution

Mild, medium or hot enchilada sauce varies the flavor—and the heat—of these tacos.

SUCCESS HINT
Fill tacos just before serving so the shells stay crisp.

SPECIAL TOUCH

Set out an assortment of taco toppings such as shredded cheese, sour cream, chopped avocado and sliced olives.

1 1/4 pounds boneless, skinless chicken thighs

1 envelope (1.25 ounces) Old El Paso® taco seasoning mix

1 tablespoon packed brown sugar

1 can (4.5 ounces) Old El Paso® chopped green chiles

1 cup Green Giant® Niblets® frozen corn (from 1-pound bag), thawed

1 can (10 ounces) Old El Paso® enchilada sauce

4 medium green onions, sliced (1/4 cup)

1 package (4.6 ounces) Old El Paso® taco shells, warmed if desired

3 cups shredded lettuce

1 medium tomato, chopped (3/4 cup)

1. Spray 3- to 4-quart slow cooker with cooking spray. Place chicken thighs in cooker. Sprinkle with taco seasoning mix and brown sugar; toss to coat. Mix in green chiles, corn and 1/2 cup of the enchilada sauce. Refrigerate remaining enchilada sauce.

2. Cover and cook on Low heat setting 6 to 7 hours.

3. Place chicken on cutting board; use 2 forks to pull chicken into shreds. Return chicken to cooker. Stir in green onions. Cover and cook on Low heat setting 15 minutes.

4. Heat remaining enchilada sauce. Serve chicken mixture in taco shells with lettuce, tomatoes and warm enchilada sauce. 12 tacos.

High Altitude (3500-6500 ft): No changes.

1 Taco: Calories 175 (Calories from Fat 65); Fat 7g (Saturated 2g); Cholesterol 30mg; Sodium 310mg; Carbohydrate 16g (Dietary Fiber 2g); Protein 12g
% Daily Value: Vitamin A 14%; Vitamin C 28%; Calcium 4%; Iron 10%
Exchanges: 1 Starch, 1 1/2 Lean Meat, 1/2 Fat
Carbohydrate Choices: 1



For an express meal, cook the turkey ahead and refrigerate.

LOW FAT

Turkey, Bacon and Avocado Wraps

prep: 20 MIN **total:** 6 HR 20 MIN

Betty's Tips

SUCCESS HINT

To warm tortillas, wrap them in aluminum foil and heat in the oven at 325° for about 15 minutes. Or place them on a paper towel, and microwave on High for 30 seconds.

4 slices bacon, cut into $\frac{1}{2}$ -inch pieces

2 pounds turkey breast tenderloins, cut crosswise into 1-inch slices

$\frac{3}{4}$ cup barbecue sauce

2 tablespoons Old El Paso® taco seasoning mix (from 1.25-ounce envelope)

1 medium ripe avocado, pitted, peeled and mashed

2 cups shredded lettuce

$\frac{1}{2}$ cup drained roasted red or yellow bell peppers (from 7-ounce jar), large pieces cut up

8 flour tortillas (6 to 8 inches in diameter), heated

Tender, low-fat meats like the turkey tenderloins in this

recipe will get dry and tough if overcooked, so follow the cooking times carefully.

SERVE-WITH

Refried beans and a fruit salad with cantaloupe and pineapple chunks are perfect partners for these south-of-the-border sandwiches.

1. Cook bacon in 12-inch nonstick skillet over medium heat 4 to 6 minutes, stirring occasionally, until almost crisp. Add turkey slices to skillet. Cook 4 to 6 minutes, stirring occasionally, until turkey is brown on all sides.

2. Spray 3- to 4-quart slow cooker with cooking spray. Place turkey mixture in cooker. Top with barbecue sauce and taco seasoning mix; stir to mix well.

3. Cover and cook on Low heat setting 5 to 6 hours.

4. Place turkey on cutting board; use 2 forks to break up turkey. Return turkey to cooker. Layer avocado, lettuce, turkey mixture and bell peppers on tortillas; roll up. 8 wraps.

High Altitude (3500-6500 ft): No changes.

1 Wrap: Calories 295 (Calories from Fat 70); Fat 8g (Saturated 2g); Cholesterol 80mg; Sodium 570mg; Carbohydrate 26g (Dietary Fiber 3g); Protein 30g
% Daily Value: Vitamin A 20%; Vitamin C 40%; Calcium 6%; Iron 16%
Exchanges: 2 Starch, 3 Very Lean Meat, $\frac{1}{2}$ Fat
Carbohydrate Choices: 2



Turkey Cacciatore Sandwiches

Betty's Tips

prep: 20 MIN **total:** 8 HR 20 MIN

VARIATION

A few drops of red pepper sauce would add zing to this sandwich meat.

DID You KNOW?

Basil pesto, a traditional Italian sauce, is made from fresh basil, garlic, Parmesan cheese and pine nuts. Look for it in the dairy section or near the pasta sauces. You also can make it from scratch.

- 1 medium yellow bell pepper, sliced
- 1 medium onion, sliced
- 4 bone-in turkey thighs (about 3 pounds), skin removed
- 1 can (8 ounces) tomato sauce
- 2 tablespoons balsamic vinegar
- 1 teaspoon Italian seasoning
- 8 Italian or French rolls, split
- $\frac{1}{2}$ cup basil pesto
- 8 slices (1 ounce each) mozzarella cheese

1. Spray 3 1/2- to 4-quart slow cooker with cooking spray. Place bell pepper and onion in cooker; top with turkey. Mix tomato sauce, vinegar and Italian seasoning in small bowl; pour over turkey and vegetables.
2. Cover and cook on Low heat setting 7 to 8 hours.
3. Place turkey on cutting board. Use 2 forks to cut or break up turkey into thin pieces; discard bones. Return turkey to cooker. To serve, spread cut sides of rolls with pesto. Fill with turkey mixture, using slotted spoon; top with cheese. 8 sandwiches.

High Altitude (3500-6500 ft): No changes.

1 Sandwich: Calories 450 (Calories from Fat 170); Fat 19g (Saturated 7g); Cholesterol 125mg; Sodium 810mg; Carbohydrate 29g (Dietary Fiber 2g); Protein 41g
% Daily Value: Vitamin A 12%; Vitamin C 26%; Calcium 34%; Iron 24%
Exchanges: 2 Starch, 5 Lean Meat, $\frac{1}{2}$ Fat
Carbohydrate Choices: 2



Plan on serving seconds when you dish up these saucy, hearty sandwiches.

LOW FAT

Barbecue Beef Sandwiches

prep: 15 MIN **total:** 10 HR 15 MIN

Betty's Tips

Substitution

For a more mild sauce, use tomato sauce instead of barbecue sauce.

Bone-in round steak can be used instead of the boneless steak.

Cut it into 3-inch pieces, leaving the bone attached to one of the pieces. Be sure to remove it before serving.

1. Spray 3- to 3½-quart slow cooker with cooking spray. Cut beef into 3-inch pieces. Sprinkle beef with salt and pepper.
2. Mix coleslaw mix, onion, rice, barbecue sauce and water in large bowl. Layer beef and coleslaw mixture in slow cooker.

3. Cover and cook on Low heat setting 8 to 10 hours. To serve, fill buns with beef mixture. Serve with sliced red onions and additional barbecue sauce, if desired. **10 sandwiches.**

SERVE WITH
Potato salad and carrot and celery sticks are easy accompaniments to these sandwiches. Top off the meal with ice-cream bars.

1 Sandwich: Calories 235 (Calories from Fat 35); Fat 4g (Saturated 1g); Cholesterol 35mg; Sodium 510mg; Carbohydrate 32g (Dietary Fiber 2g); Protein 18g
% Daily Value: Vitamin A 2%, Vitamin C 4%, Calcium 8%, Iron 16%
Exchanges: 2 Starch, 2 Very Lean Meat
Carbohydrate Choices: 2



Cheeseburger Sandwiches

prep: 20 MIN **total:** 7 HR 20 MIN

Betty's Tips

Substitution

Ground turkey or pork instead of the ground beef is a nice change for these sandwiches.

Serve-With

These sandwiches are great for casual get-togethers or tailgating. Serve with chips and a tray of raw veggies and dip. Top off the meal with brownies.

This slow cooker version of all-American cheeseburgers is sure to be a family favorite.

1½ pounds lean ground beef

½ teaspoon garlic pepper

1 package (8 ounces) pasteurized prepared cheese product loaf, diced (2 cups)

2 tablespoons milk

1 medium green bell pepper, chopped (1 cup)

1 small onion, chopped (¼ cup)

2 cloves garlic, finely chopped

12 sandwich buns, split

1. Cook beef and garlic pepper in 12-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.

2. Spray 3- to 4-quart slow cooker with cooking spray. Mix beef and remaining ingredients except buns in cooker.

3. Cover and cook on Low heat setting 6 to 7 hours. To serve, fill buns with beef mixture.

High Altitude (3500-6500 ft): No changes.

Did You Know?
Garlic pepper is a zesty blend of garlic powder and cracked pepper. Look for it with the other spices at your supermarket.

1 Sandwich: Calories 305 (Calories from Fat 135); Fat 15g (Saturated 6g); Cholesterol 50mg; Sodium 550mg; Carbohydrate 25g (Dietary Fiber 1g); Protein 17g
% Daily Value: Vitamin A 6%; Vitamin C 8%; Calcium 16%; Iron 12%
Exchanges: 1½ Starch, 2 Medium-Fat Meat, 1 Fat
Carbohydrate Choices: 1½



Betty's Tips

SUBSTITUTION

Try making this recipe with a shredded Italian cheese blend instead of the mozzarella.

SUCCESS HINT

If the Italian sausage has a casing, remove and discard it before you brown the sausage.

Stir the sausage frequently during cooking to break it up into small pieces.

SERVE WITH

For an instant party, set the slow cooker on the counter or buffet table along with a basket of buns. Just add deli salads, pickles, olives and brownies for dessert.

Sausage Pizza Sloppy Joes

prep: 25 MIN **total:** 6 HR 25 MIN

1½ pounds bulk Italian sausage

2 cups frozen stir-fry bell peppers and onions (from 1-pound bag), thawed

½ cup chopped pepperoni

1 can (15 ounces) pizza sauce

½ teaspoon Italian seasoning

3 roma (plum) tomatoes, coarsely chopped (1 cup)

18 sandwich buns

1¼ cups shredded mozzarella cheese (5 ounces)

1. Cook sausage in 10-inch skillet over medium-high heat 9 to 11 minutes, stirring occasionally, until no longer pink; drain.

2. Spray 3- to 4-quart slow cooker with cooking spray. Mix sausage, stir-fry vegetables, pepperoni, pizza sauce and Italian seasoning in cooker.

3. Cover and cook on Low heat setting 4 to 6 hours.

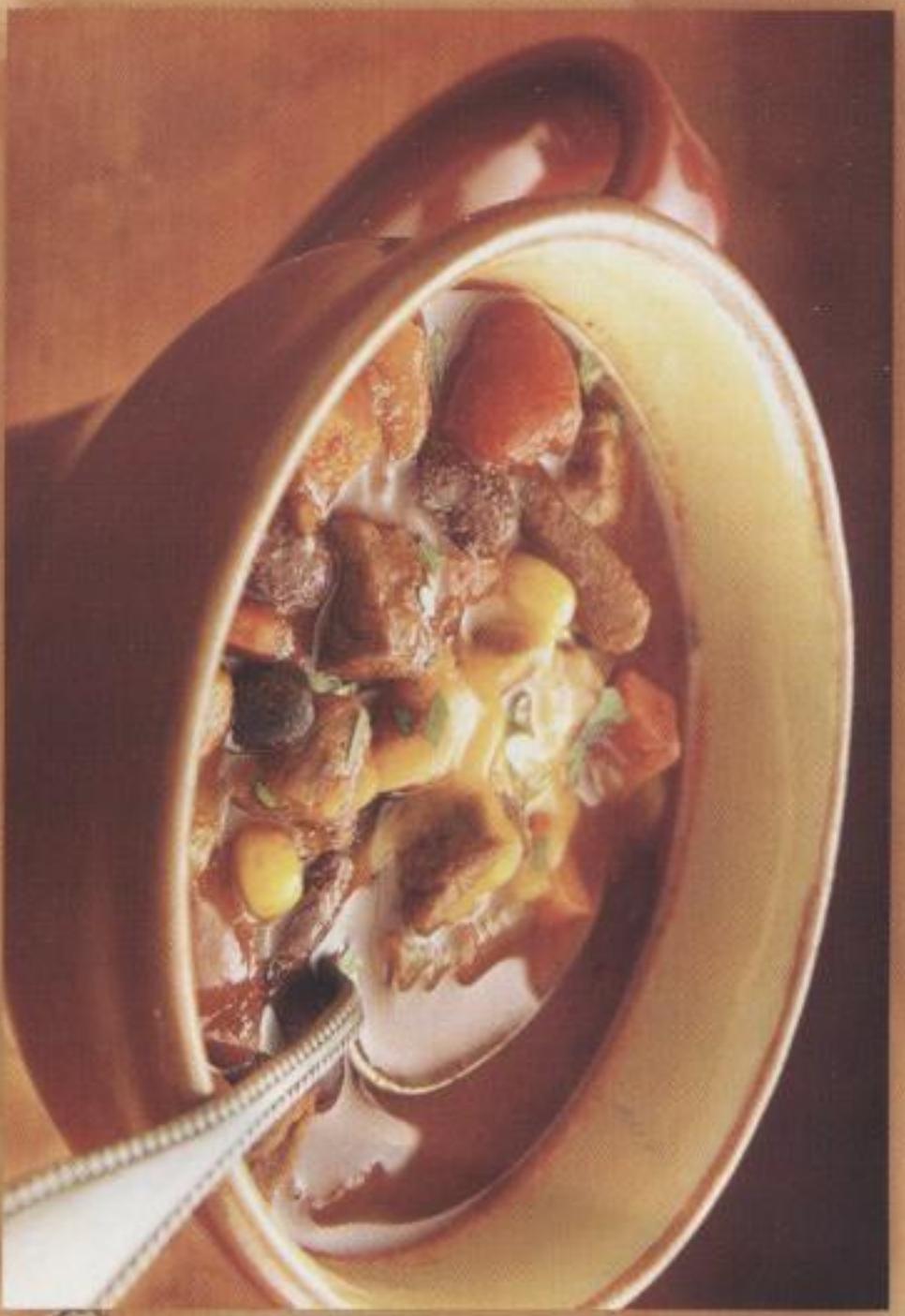
4. Stir in tomatoes. To serve, fill buns with sausage mixture and sprinkle with cheese. 18 sandwiches.

High Altitude (3500-6500 ft): No changes.

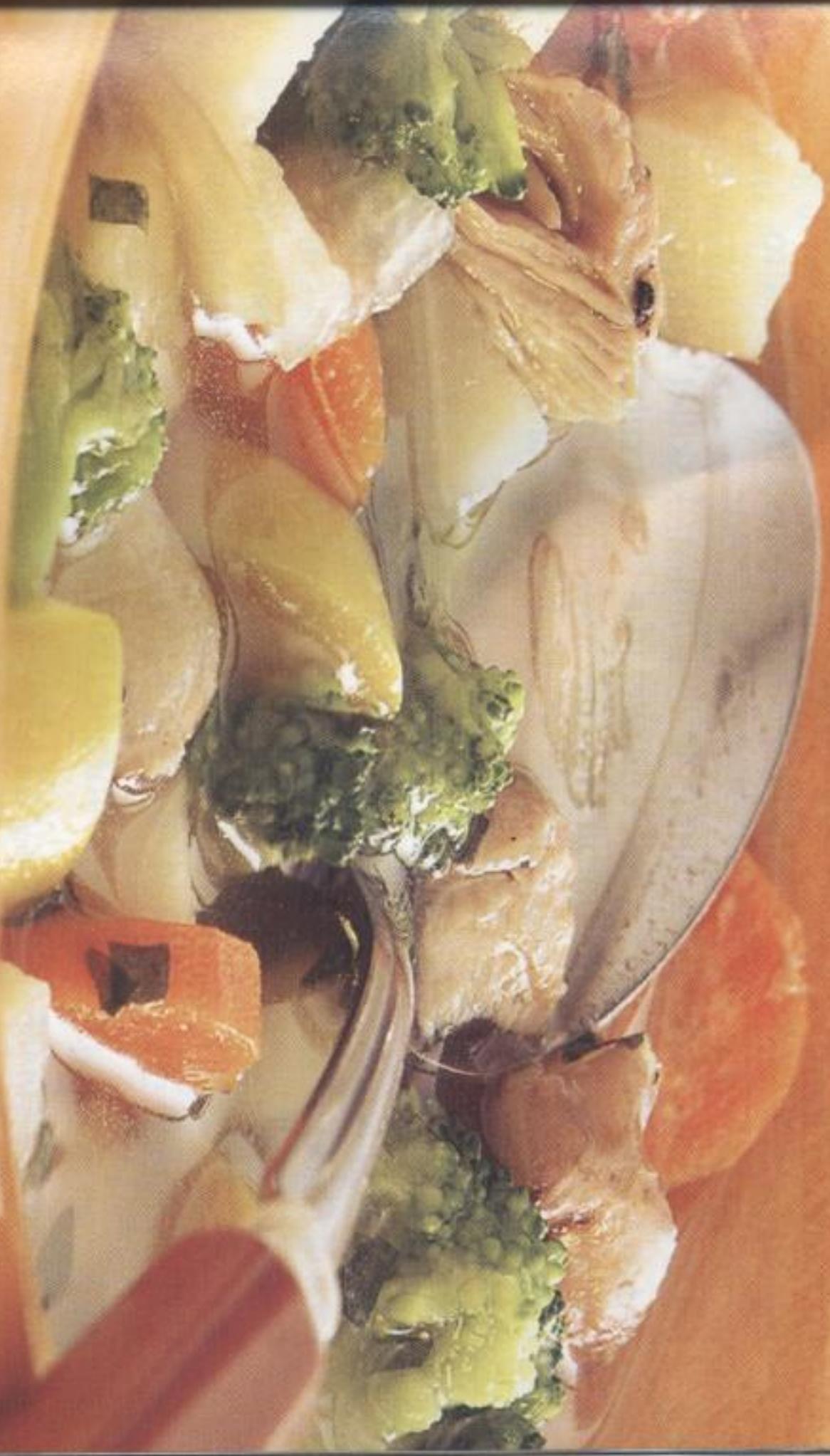
1 Sandwich: Calories 275 (Calories from Fat 115); Fat 13g (Saturated 4g); Cholesterol 30mg; Sodium 710mg; Carbohydrate 26g (Dietary Fiber 2g); Protein 13g; % Daily Value: Vitamin A 4%; Vitamin C 24%; Calcium 14%; Iron 12%; Exchanges: 2 Starch, 1 High-Fat Meat; Carbohydrate Choices: 2

Soups, Stews & Chilies

These meals in a bowl are perfect for any night of the week, as well as potlucks, tailgating parties and casual get-togethers. Add a salad, a crusty loaf of bread, and it's dinner!



Beef-Vegetable Chili, p. 72



Garden Harvest Chicken Soup, p. 73



Beef-Vegetable Chili

prep: 20 MIN **total:** 9 HR 20 MIN (Photo on page 70)

Betty's Tips

Substitution

In place of the tomatoes with green chilies, stir in a 14.5-ounce can of plain diced tomatoes and a 4.5-ounce can of Old El Paso® chopped green chilies.

SERVE WITH

Corn muffins from the bakery or a pan of homemade corn bread go great with this easy chili.

SPECIAL TOUCH

For an after-the-game chili party, make a slow cooker each of Chicken Enchilada Chili (page 74) and Beef-Vegetable Chili. Set out bowls of toppings such as shredded cheese, chopped tomatoes, chopped avocado, sliced green onions and sour cream.

1 Serving: Calories 395 (Calories from Fat 90); Fat 10g (Saturated 5g); Cholesterol 75mg; Sodium 850mg; Carbohydrate 48g (Dietary Fiber 14g); Protein 42g
% Daily Value: Vitamin A 72%; Vitamin C 30%; Calcium 22%; Iron 44%
Exchanges: 3 Starch, 4½ Very Lean Meat
Carbohydrate Choices: 3



Garden Harvest Chicken Soup

prep: 25 MIN **total:** 8 HR 45 MIN (Photo on page 71)

Betty's Tips

Substitution

In place of fresh broccoli, you can use 2 cups Green Giant Select® frozen broccoli florets. Thaw them before adding to the slow cooker.

SUCCESS HINT

Chicken thigh meat is ideal for long, slow cooking because the rich dark meat doesn't dry out in the slow cooker as would leaner light meat such as chicken breasts.

1. Spray 12-inch nonstick skillet with cooking spray. Cut beef into ½-inch cubes. Cook beef and onion in skillet over medium-high heat 7 to 9 minutes, stirring occasionally, until beef is brown; drain.

2. Mix beef mixture and remaining ingredients except cheese and cilantro in 3½- to 4-quart slow cooker.

3. Cover and cook on Low heat setting 7 to 9 hours. Top individual servings with cheese and cilantro. *6 servings (1½ cups each).*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 210 (Calories from Fat 65); Fat 7g (Saturated 2g); Cholesterol 45mg; Sodium 890mg; Carbohydrate 16g (Dietary Fiber 3g); Protein 21g
% Daily Value: Vitamin A 86%; Vitamin C 34%; Calcium 6%; Iron 16%
Exchanges: ½ Starch, 2 Vegetable, 2 Lean Meat
Carbohydrate Choices: 1

Chicken Enchilada Chili

Betty's Tips

Substitution

Regular stewed tomatoes, along with some chopped onion and a dash of garlic powder or finely chopped fresh garlic, can be used in place of the flavored stewed tomatoes.

prep: 10 MIN **total:** 8 HR 10 MIN

1 1/4 pounds boneless, skinless chicken thighs

1 medium onion, chopped (1/2 cup)

1 medium yellow or green bell pepper, chopped (1 cup)

2 cans (14.5 ounces each) stewed tomatoes with garlic and onion, undrained

2 cans (15 to 16 ounces each) chili beans in sauce, undrained

1 can (10 ounces) Old El Paso® enchilada sauce

1/3 cup sour cream

2 tablespoons chopped fresh cilantro

1. Spray 4- to 5-quart slow cooker with cooking spray. Mix all ingredients except sour cream and cilantro in cooker.

2. Cover and cook on Low heat setting 7 to 8 hours.

3. Stir mixture to break up chicken. Top each serving with sour cream and cilantro. *6 servings (7 2/3 cups each).*

Do-Ahead

For super-quick dinners and totable lunches, freeze the chili in single-serving freezer containers. Thaw, then heat in the microwave on High for 4 to 5 minutes, stirring once or twice, until hot.

Success Hint

Lifting the lid of your slow cooker can add up to 20 minutes of cooking time. Instead, spin the lid to clear it of condensation so you can check the food.

1 Serving: Calories 340 (Calories from Fat 100); Fat 11g (Saturated 4g); Cholesterol 65mg; Sodium 1700mg; Carbohydrate 38g (Dietary Fiber 8g); Protein 30g; % Daily Value: Vitamin A 28%; Vitamin C 62%; Calcium 12%; Iron 30%. Exchanges: 2 Starch, 2 Vegetable, 3 Very Lean Meat, 1/2 Fat. Carbohydrate Choices: 2 1/2.



Serve this hot,
creamy stew for any
crowd-size gathering.

Betty's Tips

prep: 30 MIN **total:** 8 HR 40 MIN

Substitution

Instead of the baby-cut carrots, cut regular carrots into 2-inch lengths.

Success Hint

Chicken thighs are great for slow cooking because they stay moist and juicy, unlike chicken breasts, which can become dry and tough during the long cooking process.

1. Place carrots, potatoes, onion and celery in 5- to 6-quart slow cooker. Sprinkle with 1 teaspoon thyme, the salt and pepper. Top with chicken and broth.
2. Cover and cook on Low heat setting 7 to 8 hours, adding pea pods for last 5 to 10 minutes of cooking.
3. Remove chicken and vegetables from cooker to serving bowl, using slotted spoon; cover to keep warm. Increase heat setting to High. Mix whipping cream, flour and 1 teaspoon thyme in small bowl; stir into liquid in cooker. Cover and cook about 10 minutes or until thickened. Pour sauce over chicken and vegetables.
12 servings (7½ cups each).

High Altitude (3500-6500 ft): In step 2, add pea pods for last 10 to 15 minutes of cooking.

1 Serving: Calories 275 (Calories from Fat 115); Fat 13g (Saturated 6g); Cholesterol 70mg; Sodium 430mg; Carbohydrate 19g (Dietary Fiber 3g); Protein 20g
% Daily Value: Vitamin A 100%; Vitamin C 12%; Calcium 6%; Iron 16%
Exchanges: 1 Starch, 1 Vegetable, 2 Medium-Fat Meat, ½ Fat
Carbohydrate Choices: 1

Creamy Herbed Chicken Stew

Hungarian Beef Stew

prep: 10 MIN **total:** 8 HR 25 MIN

Betty's Tips

Substitution

If you don't have the frozen onions on hand, you can substitute $\frac{1}{2}$ cup chopped onion.

Success Hint

Skim the fat from stews and soups with a spoon, or place a slice of bread on the top of the mixture for a short time to absorb the fat.

Did You Know?

Essential to Hungarian cuisine, paprika is sweet red pepper ground to a powder. Ranging in color from orange-red to blood-red, the flavor of paprika can be mild, pungent or hot.

- 2 pounds beef stew meat
- 6 unpeeled new potatoes, cut into $\frac{3}{4}$ -inch pieces (3 cups)
- 1 cup frozen small whole onions (from 1-pound bag), thawed
- $\frac{1}{4}$ cup Gold Medal® all-purpose flour
- 1 tablespoon paprika
- $\frac{1}{2}$ teaspoon peppered seasoned salt
- $\frac{1}{4}$ teaspoon caraway seed
- 1 can (14 ounces) beef broth
- $1\frac{1}{2}$ cups Green Giant® frozen sweet peas (from 1-pound bag), thawed
- $\frac{1}{2}$ cup sour cream

1. Spray 3- to 4-quart slow cooker with cooking spray. Toss beef, potatoes, onions, flour, paprika, peppered seasoned salt and caraway seed in cooker until well mixed. Stir in broth.

2. Cover and cook on Low heat setting 7 to 8 hours.

3. Stir in peas and sour cream. Cover and cook on Low heat setting about 15 minutes or until peas are tender. *6 servings (1 $\frac{1}{3}$ cups each).*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 450 (Calories from Fat 200); Fat 22g (Saturated 9g); Cholesterol 105mg; Sodium 530mg; Carbohydrate 31g (Dietary Fiber 5g; Protein 33g; % Daily Value: Vitamin A 24%; Vitamin C 14%; Calcium 6%; Iron 34%)

Exchanges: 2 Starch, 4 Medium-Fat Meat
Carbohydrate Choices: 2

LOW FAT

Hearty Steak and Liver Soup

prep: 20 MIN

total: 9 HR 50 MIN

Betty's Tips

SUCCESS HINT

For accurate cooking times and proper doneness, cut all meats and vegetables into the sizes specified in a recipe.

SERVE WITH

Warm sourdough bread, a salad of sliced tomatoes and cucumbers in an herb vinaigrette dressing and glasses of cold apple cider or beer create a stick-to-your-ribs meal.

1. Cut beef into $1 \times \frac{1}{4}$ -inch pieces. Mix beef and remaining ingredients except water and flour in 5-quart slow cooker.
2. Cover and cook on Low heat setting 8 to 9 hours.
3. Mix water and flour in small bowl; gradually stir into soup until blended. Increase heat setting to High. Cover and cook about 30 minutes or until slightly thickened. *9 servings (1 1/2 cups each).*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 155 (Calories from Fat 20); Fat 2g (Saturated 1g); Cholesterol 25mg; Sodium 1340mg; Carbohydrate 19g (Dietary Fiber 3g); Protein 15g
% Daily Value: Vitamin A 50%, Vitamin C 6%, Calcium 4%, Iron 14%
Exchanges: 1 Starch, 1 Vegetable, 1 1/2 Very Lean Meat
Carbohydrate Choices: 1



LOW FAT

Vegetable-Beef-Barley Soup

prep: 20 MIN **total:** 9 HR 20 MIN

Betty's Tips

SUBSTITUTION

If you can't find the canned diced tomatoes with roasted garlic, use two 14.5-ounce cans of plain diced tomatoes and add $\frac{1}{2}$ teaspoon garlic powder.

$\frac{3}{4}$ cup Green Giant® frozen cut green beans (from 1-pound bag)

$\frac{2}{3}$ cup Green Giant® Niblets® frozen whole kernel corn (from 1-pound bag)

1 $\frac{1}{2}$ pounds beef stew meat

$\frac{1}{2}$ cup chopped bell pepper

1 large onion, chopped (1 cup)

$\frac{2}{3}$ cup uncooked barley

1 $\frac{1}{2}$ cups water

1 teaspoon salt

1 teaspoon dried thyme leaves

$\frac{1}{4}$ teaspoon pepper

2 cans (14 ounces each) beef broth

2 cans (14.5 ounces each) diced tomatoes with roasted garlic, undrained

1 can (8 ounces) tomato sauce

SPECIAL TOUCH
Top this soup with a handful of herb-flavored croutons and a little shredded Parmesan cheese.

1. Spray 5- to 6-quart slow cooker with cooking spray. Rinse green beans and corn with cold water to separate and partially thaw. Mix green beans, corn and remaining ingredients in cooker.

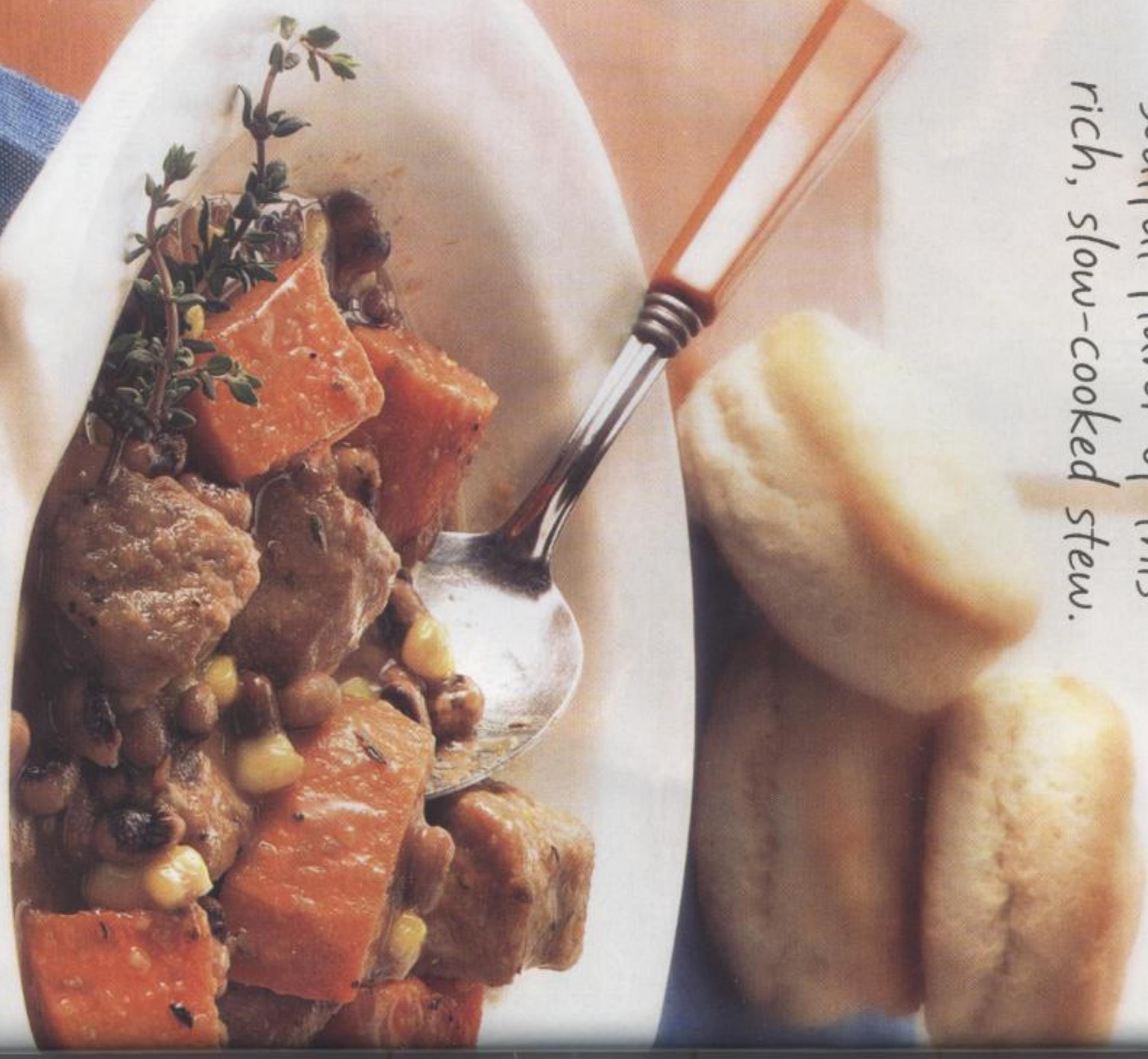
2. Cover and cook on Low heat setting 8 to 9 hours. *10 servings (1 $\frac{1}{2}$ cups each).*

High Altitude (3500-6500 ft): Use 2 cups water.

1 Serving: Calories 225 (Calories from Fat 70); Fat 8g (Saturated 3g); Cholesterol 40mg; Sodium 900mg; Carbohydrate 20g (Dietary Fiber 4g); Protein 18g
% Daily Value: Vitamin A 12%; Vitamin C 18%; Calcium 4%; Iron 16%
Exchanges: 1 Starch, 1 Vegetable, 2 Lean Meat
Carbohydrate Choices: 1



Sit down and enjoy the soulful flavor of this rich, slow-cooked stew.



Betty's Tips

Down-South Pork Stew

prep: 20 MIN **total:** 7 HR 20 MIN

SUCCESS HINT
When time is tight, you can skip the step of browning the meat (and omit the oil).

- 1½ pounds pork boneless shoulder
- ¼ cup Gold Medal® all-purpose flour
- ½ teaspoon peppered seasoned salt
- 1 tablespoon vegetable oil
- 2 medium dark-orange sweet potatoes, peeled and cut into ¾-inch cubes (3 cups)
- 1 cup Green Giant® Niblets® frozen corn (from 1-pound bag), thawed

SERVE-WITH

Warm-from-the-oven biscuits are great with this stew! Bake them during the last 15 to 20 minutes of cooking time for the stew.

- 1 can (15 to 16 ounces) black-eyed peas, rinsed and drained
- 1 can (14 ounces) roasted garlic-seasoned chicken broth
- 2 tablespoons Worcestershire sauce
- ½ teaspoon dried thyme leaves
- ⅛ teaspoon ground red pepper (cayenne)

DID YOU KNOW?

Less-tender (and less-expensive) cuts of meat such as pork shoulder are great choices for the slow cooker because the moist heat of the slow cooker helps tenderize them.

1. Cut pork into ¾-inch cubes. Toss pork, flour and peppered seasoned salt in large bowl. Heat oil in 12-inch nonstick skillet over medium-high heat. Cook pork in oil 8 to 10 minutes, stirring occasionally, until brown.
2. Mix pork and remaining ingredients in 3- to 4-quart slow cooker.
3. Cover and cook on Low heat setting 6 to 7 hours. *6 servings (about 1 cup each).*

High Altitude (3500-6500 ft): No changes.

1 Serving: Calories 405 (Calories from Fat 155); Fat 17g (Saturated 5g); Cholesterol 75mg; Sodium 660mg; Carbohydrate 37g (Dietary Fiber 7g); Protein 33g; % Daily Value: Vitamin A 100%; Vitamin C 12%; Calcium 4%; Iron 20%; Exchanges: 2½ Starch, 3½ Lean Meat, ½ Fat; Carbohydrate Choices: 2½

Ham and Wild Rice Soup

prep: 10 MIN **total:** 9 HR 25 MIN

Betty's Tips

Substitution

Cream of mushroom or chicken soup can be used instead of the cream of celery.

Success Hint

To quickly thaw frozen vegetables, rinse them under cold, running water. All frozen veggies should be thawed before using them in a slow cooker recipe.

1. Mix all ingredients except half-and-half in 3½- to 4-quart slow cooker.
2. Cover and cook on Low heat setting 8 to 9 hours.

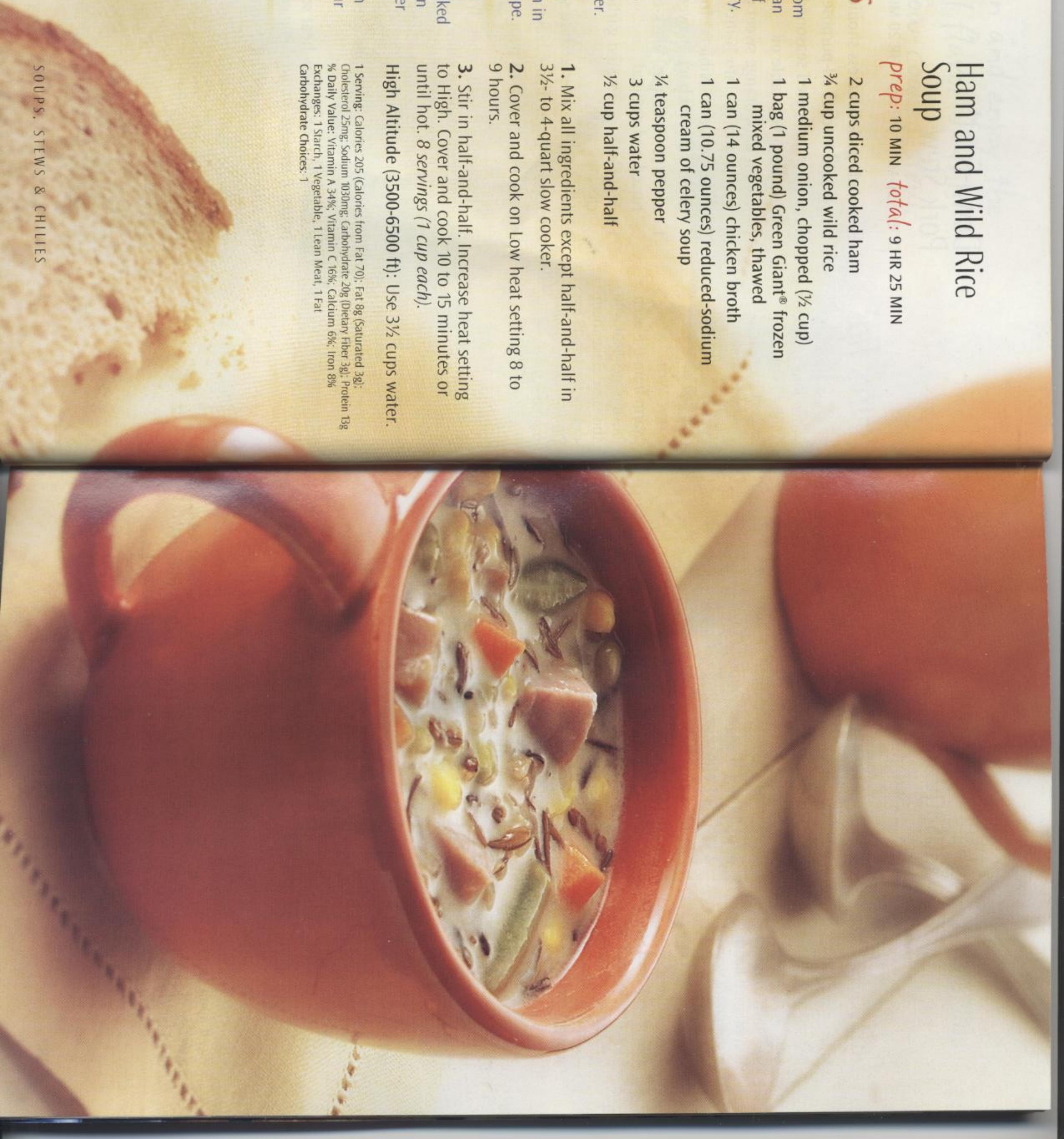
DID YOU KNOW?

One cup of uncooked wild rice cooked in three cups of water yields 4 cups of cooked rice. It can take up to an hour to cook wild rice on the stove.

3. Stir in half-and-half. Increase heat setting to High. Cover and cook 10 to 15 minutes or until hot. 8 servings (1 cup each).

High Altitude (3500-6500 ft): Use 3½ cups water.

1 Serving: Calories 205 (Calories from Fat 70); Fat 8g (Saturated 3g); Cholesterol 25mg; Sodium 1030mg; Carbohydrate 20g (Dietary Fiber 3g); Protein 13g % Daily Value: Vitamin A 34%; Vitamin C 16%; Calcium 6%; Iron 8% Exchanges: 1 Starch, 1 Vegetable, 1 Lean Meat, 1 Fat Carbohydrate Choices: 1



Betty's Tips

Substitution

Instead of the bean soup mix, create your own combination of dried beans. It should total about 3 cups of beans.

Make Italian-seasoned stewed tomatoes by adding 1 teaspoon of Italian seasoning to regular stewed tomatoes.

Mixed-Bean and Sausage Minestrone

prep: 25 MIN **total:** 10 HR 55 MIN

1 package (20 ounces) 15-dried bean soup mix, sorted and rinsed

8 cups water

12 ounces bulk Italian sausage

1 medium onion, chopped (½ cup)

2 medium carrots, chopped (1 cup)

2 cans (14 ounces each) beef broth

2 cups water

2 cans (14.5 ounces each) Italian-style stewed tomatoes, undrained and

large pieces cut up

½ cup uncooked small pasta shells

¼ cup shredded Parmesan cheese

2 tablespoons chopped fresh parsley

Time-Saver

Have the beans for this recipe ready first thing in the morning by soaking them in cold water overnight rather than heating the beans to boiling and letting them stand for an hour.

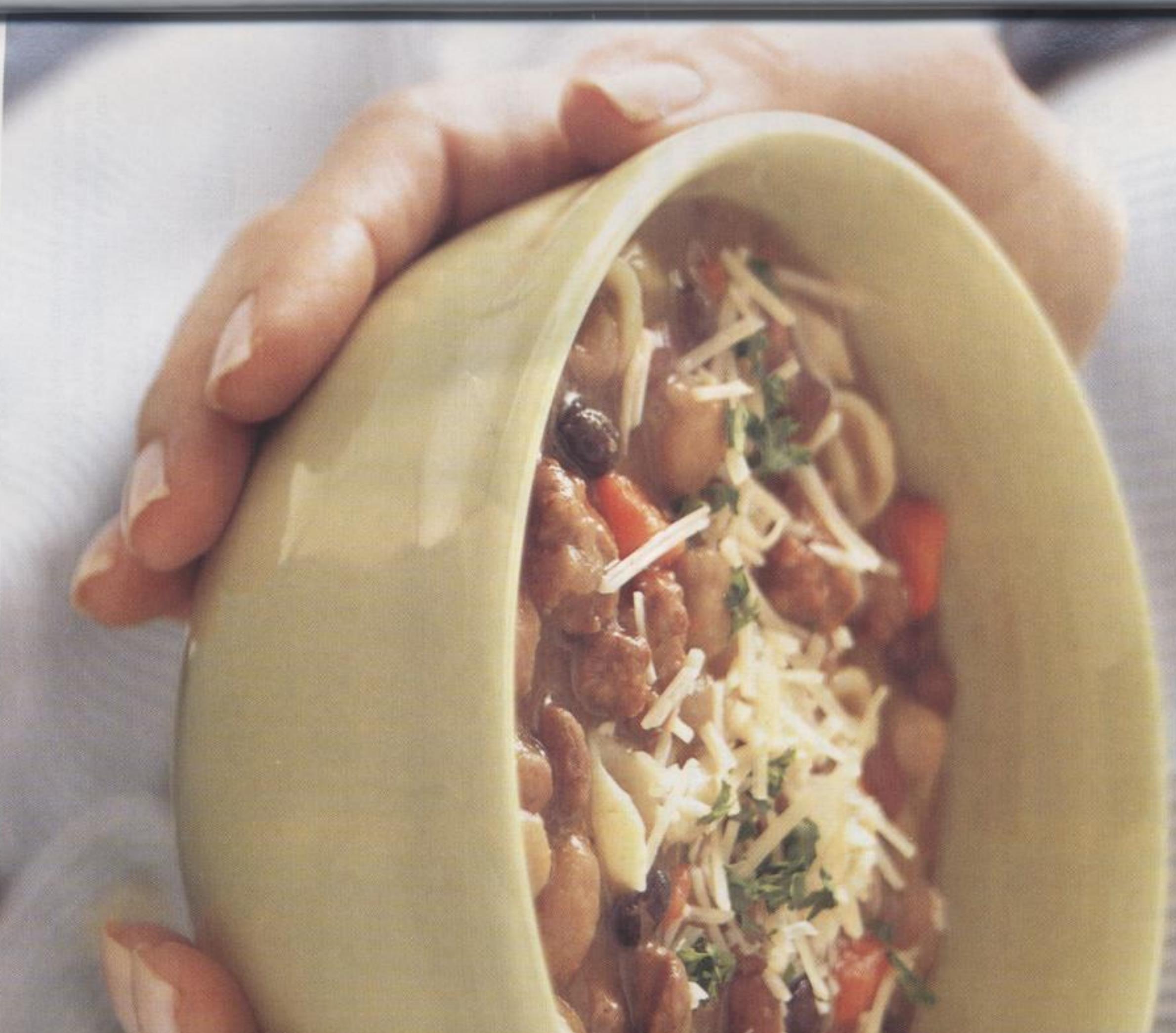
1. If bean soup mix comes with seasoning mix, discard it. Heat beans and 8 cups water to boiling in 4-quart saucepan; reduce heat to low. Simmer uncovered 10 minutes; remove from heat. Cover and let stand 1 hour.
2. Cook sausage and onion in 10-inch nonstick skillet over medium heat, stirring occasionally, until sausage is no longer pink; drain if necessary.

3. Drain beans and discard water. Mix beans, sausage mixture, carrots, broth and 2 cups water in 5- to 6-quart slow cooker.
4. Cover and cook on Low heat setting 8 to 9 hours.

Serve-With

Complete this meal with crusty rolls, sliced apples and a wedge of Cheddar cheese.

5. Stir in tomatoes and pasta. Increase heat setting to High. Cover and cook about 30 minutes or until pasta is tender. Sprinkle individual servings with cheese and parsley.
- 8 servings (7 ¾ cups each).



High Altitude (3500-6500 ft): Increase the 2 cups water to 2 ½ cups.

1 Serving: Calories 395 (Calories from Fat 90); Fat 10g (Saturated 4g); Cholesterol 25mg; Sodium 1410mg; Carbohydrate 64g (Dietary Fiber 10g); Protein 22g
 % Daily Value: Vitamin A 76%; Vitamin C 20%; Calcium 12%; Iron 24%
 Exchanges: 4 Starch, 1 Vegetable, 1 Lean Meat
 Carbohydrate Choices: 4

Nutrition and Recipe Testing Guidelines

Daily Values are set by the Food and Drug Administration and based on the needs of most healthy adults. Percent Daily Values are based on an average diet of 2,000 calories per day. Your daily values may be higher or lower depending on your caloric needs.

RECOMMENDED INTAKE FOR A DAILY DIET OF 2,000 CALORIES

Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Exchange information is included for people who manage their calorie intake with this nutritional "accounting" method. "Other Carbohydrates" are included for foods that contain added sugars. If you are following a medically prescribed diet, consult your physician or registered dietitian about this information.

Many people with diabetes use carbohydrate counting as a way to manage their blood sugar levels. To help people who count carbohydrates, the number of carbohydrate choices per serving is included for each recipe. One carbohydrate choice is equivalent to 15 grams of carbohydrate.

CALCULATING NUTRITION INFORMATION GUIDELINES

- The first ingredient is used wherever a choice is given (such as $\frac{1}{2}$ cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- The first serving number is used wherever a range is given (such as 4 to 6 servings).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

INGREDIENTS USED FOR RECIPE TESTING AND NUTRITION CALCULATIONS

The following ingredients, based on most commonly purchased ingredients, are used unless indicated otherwise:

- Large eggs
- 2% milk
- 80%-lean ground beef
- Vegetable-oil spread with at least 65% fat whenever margarine is used
- Solid vegetable shortening (not margarine, butter or nonstick cooking spray) is used for greasing pans

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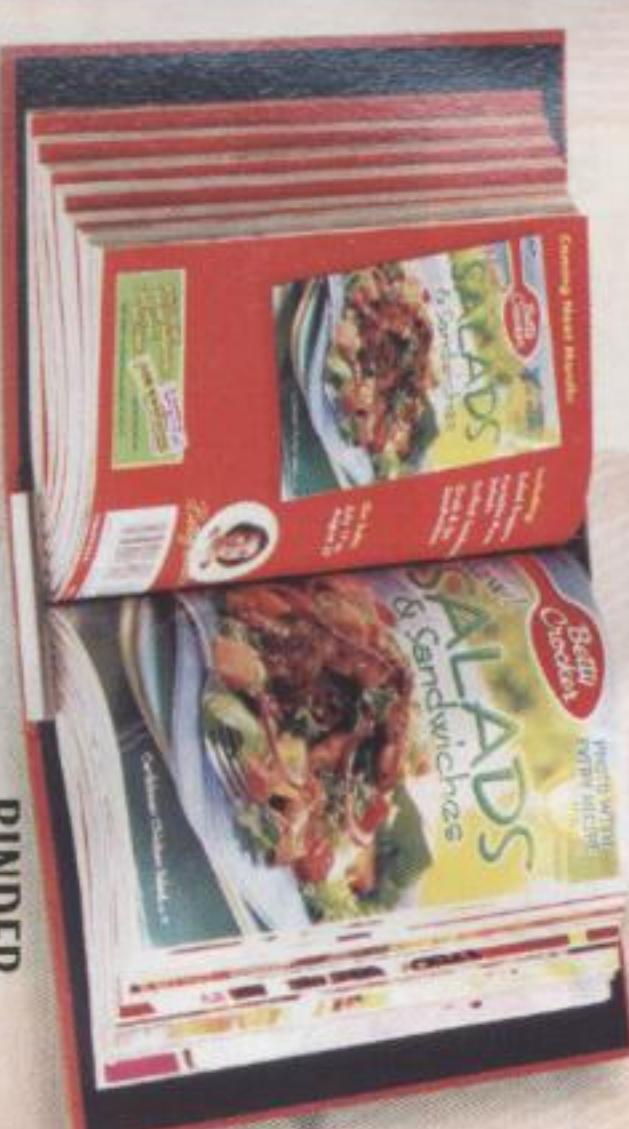
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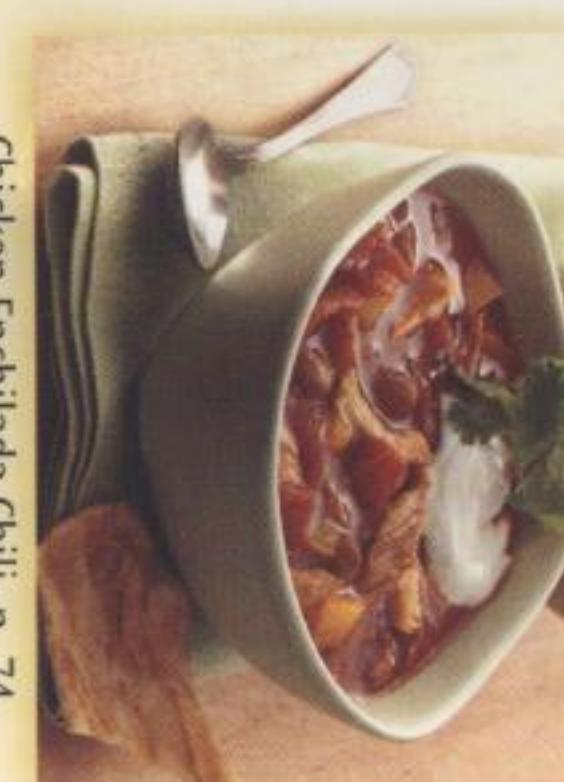
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September 2004
#212

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The BEST Roast!
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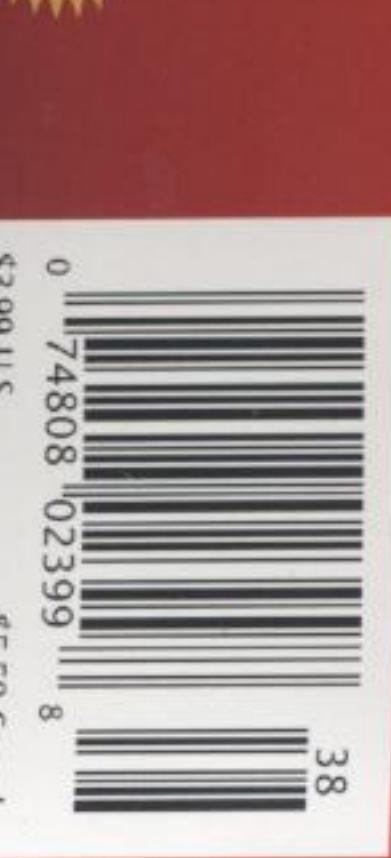


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